

ISSUE 23 • SPRING 12

SALEM



A MAGAZINE FOR THE PEOPLE OF VIRGINIA



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Top Teacher • Sally's Service • Shelter Success • Chick-fil-A

ALSO INSIDE: THE 2011 WATER QUALITY REPORT

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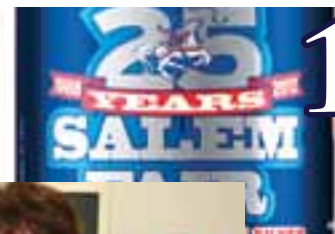
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You can view the Salem magazine anytime, anywhere for free at www.salemva.gov



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540-375-4112

On the cover Adam Rutledge poses with his rustic Fender telecaster guitar. Photo by Grant Plaskon.





SALEM VA

2012 HOLIDAY TRASH COLLECTION SCHEDULE

Memorial Day - May 28, 2012

MONDAY - MAY 28 - ROUTES COLLECTED TUESDAY (5/29)

TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

Independence Day - July 4, 2012

WEDNESDAY - JULY 4 - ROUTES COLLECTED ON THURSDAY (7/5)

MONDAY, TUESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

Labor Day - September 3, 2012

MONDAY - SEPT. 3 - ROUTE COLLECTED TUESDAY (9/4)

TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

Veterans Day - November 12, 2012

MONDAY - NOV. 12 - ROUTE COLLECTED TUESDAY (11/13)

TUESDAY, WEDNESDAY, THURSDAY & FRIDAY ROUTES UNCHANGED

Thanksgiving Week - November 22 & 23 2012

THURSDAY - NOV. 22 - ROUTE COLLECTED MONDAY (11/19)

FRIDAY - NOV. 23 - ROUTE COLLECTED TUESDAY (11/20)

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Salem City Hall is located at 114 North Broad Street. Council meets on the 2nd and 4th Mondays of every month at 7:30 p.m. in the council chambers located on the main level of the building.

CITY DEPARTMENTS DIRECTORY

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JULY 28TH

MATT & BOB

ROANOKE COLLEGE

AUGUST 4TH

STEVE ALLS

KROGER

AUGUST 11TH

ANASTASIA & CHRIS

THELMA'S CHICKEN & WAFFLES

AUGUST 18TH

BILLIE RAPER

HOTEL ROANOKE



KEVIN'S CORNER

Kevin Boggess - City Manager kboggess@salemva.gov 375-3016



Salem should be proud...for many reasons, but most recently for standing up to the corporate giant Comcast. We recently re-started negotiations with Comcast after they announced that they have begun construction to upgrade the cable system in Salem and part of Roanoke County. We would not be at this point today if not for the 300 plus frustrated customers that voiced their concerns at the first public meeting held at the Salem Civic Center on August 19, 2010. That meeting delivered the message that Salem would not be satisfied with the Comcast status quo.

After working for a year to get a commitment from Comcast for an upgrade to the system without any progress, we decided to try another approach. On July 26, 2011, Mayor Randy Foley and Salem City Council announced at a news conference that they had officially suspended negotiations with Comcast and directed City staff to continue exploring alternatives for all citizens. Seven months after Council's decision, Comcast informed us that they had begun the system upgrade and asked to re-start the negotiations with a new team from Comcast.

We are very pleased with Comcast's decision and appreciate the new negotiating team's commitment to better serve Salem. They have let us know that the system upgrade will take about a year and will result in some service interruptions as they completely replace parts of the system. The end result will be a more reliable service with better signal quality, greater capacity for video-on-demand, more high definition channels, phone service and faster internet speeds.

The fact that our citizens and our Council took a stand against the largest cable operator in the United States to secure these upgrades, speaks volumes about our citizenry, but this is only one piece of the area's ever-changing technology puzzle.

To sustain and encourage economic development, meet community development goals and improve service offerings in the region, an open-access fiber network is needed. Luckily, a regional group comprised of business leaders and technology professionals from both public and private industry are working on a plan to do just that.

Currently, there are many open access networks servicing parts of Virginia, but none directly in the Roanoke Valley. Open-access fiber networks are like interstate highways in that they provide the highest speeds possible for data services. They encourage innovation and competition by lowering the cost for providers entering the market.

For instance, theoretically, three cable companies, two phone companies and a city-operated internet provider could all compete for customers in the same area on the same infrastructure. Open-access fiber networks allow you to choose between numerous providers based on the level of customer service and cost. The end result is that businesses, residents and institutions get better services at reduced prices. Stay tuned.

"The fact that our citizens and our Council took a stand against the largest cable operator in the United States to secure these upgrades, speaks volumes about our citizenry, but this is only one piece of the area's ever-changing technology puzzle."

City Council stood its ground with Comcast and refused to settle for less than what the citizens deserved.



S@LEM

NEWSMAKERS



Pepsi Salutes 25 Years



Pepsi is teaming up with the Salem Civic Center this year to promote the 25th anniversary of the **Salem Fair**. To commemorate the event, the soft drink company will be distributing one million cans throughout the area in the month leading up to the event.

The cans, featuring a design by City of Salem Communications Specialist **Clark Ruhland**, will be redeemable on Pepsi Nights July 5th and 12th for \$4 off unlimited Deggeller Carnival rides.

"We are pleased that Pepsi selected the 25th Anniversary Salem fair to recognize on their cans and look forward to a great redemption for the special ride promotion," says Salem Fair Manager **Carey Harvey**cutter.



Safe at Home

Billy Sample, one of Salem's favorite sons, returned home this winter to serve as the guest speaker for the 21st Annual Salem-Roanoke Baseball Hall of Fame Hot Stove Banquet.



The former Major Leaguer, who also is a charter member of the Hall of Fame, is considered one of Andrew Lewis High School's most famous alums, but not everyone remembers that he began his formal schooling at the then segregated Carver School. Before the banquet, Sample took time to pose with his first grade teacher at Carver, Lucy Harmon, and her daughter, Marylen. Mrs. Harmon came to see Billy and she also celebrated her 98th birthday at the banquet.

Super Chef wins Souper Bowl Title

Michele Carder helped the Roanoke Rescue Mission and Roanoke Area Ministries raise over \$20,000 with her award winning concoction at this year's "Souper Bowl" charity event at the Taubman Museum.

Michele, who is the chef at Salem Terrace at Harrogate, defeated 13 other competitors with her unique, taste bud grabbing Buffalo Chicken Chowder. The entire Carder family was on hand to help serve the addictive soup that was described by most as palate pleasing liquid hot wings. Five hundred tickets were sold for the event and Michele won over voters of all ages.



MICHELE'S BUFFALO CHICKEN CHOWDER

1 (3 lb.) fresh, uncooked bone-in chicken
1 stick of butter
1 cup flour
3 stalks celery, diced
1 large yellow onion, diced
1 large green pepper, diced
1 Tbsp. garlic, chopped
2 cups sour cream
1 cup mayonnaise
6 cups chicken broth
1/2 cup (or more, to taste) Frank's Buffalo Wing Sauce
1/2 cup sherry
1/2 tsp. black pepper
1/2 tsp. white pepper
1 Tbsp. parsley flakes

1. Preheat oven to 350 degrees. Place chicken in large baking dish. Rub chicken (whole or cut-up) with your favorite seasoning (she used rotisserie chicken seasoning). Add 2 cups of water to pan and cover tightly with aluminum foil. Bake for 1 1/2 to 2 hours, or until chicken is done.

2. In a large stock pot, melt a stick

of butter. Add celery, onion and green pepper, sautéing over medium-high heat for 5 to 6 minutes. Add garlic and continue cooking another 10 minutes, constantly stirring.

3. Whisk in the flour to create a roux. Stir in the chicken broth and juices from the cooked chicken pan. Whisk until roux is dissolved into the liquid.

4. Add the sour cream and mayo, whisking until fully dissolved. Add wing sauce, sherry and seasonings. Bring to a slow boil, cooking uncovered.

5. Pull the chicken meat off the bones and add to the soup. Continue to boil for about an hour, or until chicken has shredded and soup has thickened. If you would like the soup thicker, mix 1/2 cup of cold water with 1/4 cup of cornstarch in a small bowl until cornstarch has dissolved. Stir into the boiling soup. Continue doing this until soup is at desired thickness. Salt to taste.

To save time, buy a pre-cooked rotisserie chicken and add 2 more cups of broth. To serve, offer a mini garnish bar with croutons, blue cheese crumbles, celery and hot sauce.

Salem's Top Cop

Police Officer **Mark Adkins**, who is assigned to the Patrol Division of the Salem Police Department, has been selected by his peers as "Officer of the Year" for 2011 after his work in solving several larcenies in the city.

"It's quite an honor to be where I am right now knowing that my fellow officers felt strongly enough to give me this award," he says. "I couldn't have done any of this without them, so I really look at this as a team award."

Adkins was able to solve two larceny cases and recover stolen items by keeping his eyes open and paying attention to detail. In one of the cases, Adkins spotted a suspicious vehicle that was linked to a theft that occurred 10 days earlier and after pulling it over, the

driver confessed to the crime. In the other instance, Adkins was recovering tools that had been stolen from a vehicle when he noticed a number of other items in the home that had been reported stolen in an unrelated burglary. He was able to return to that residence and recover those, as well.

"Mark is always very attentive and alert to his surroundings," says Salem Police Chief, **Jeff Dudley**. "Noticing little details like the ones that helped solve these crimes is what makes him a good police officer."



Texting Takedown on the Roads



When AT&T produced a 10 minute video detailing the all too real consequences of texting while driving, Salem Police Chief, **Jeff Dudley**, and Salem Commonwealth's Attorney, **Tom Bowers**, couldn't help but notice. The two men were impressed by the video's powerful, raw emotional testimony, and they knew that the video had the ability to convey a very necessary message to Salem's young people and adults.

Recently, Bowers and Dudley customized the introduction

and end of the video with the help of the city's Communications Department by adding some of their own comments to the production. Their thoughts were taped during a video shoot inside the courthouse and in downtown Salem with the aid of two patrol cars.

The video can be seen on Salem TV – Channel 18 on Comcast Cable, the City of Salem's YouTube Channel – SalemComm – and there is a direct link to it on the city's home page www.salemva.gov.

Chemical Clean-up

When we featured the Salem Fire and EMS department's new Hazmat truck in the Fall 2011 edition of this magazine, we knew it was only a matter of time before the purchase paid big dividends. The 60-foot long truck and trailer, which would have cost \$400,000 new, was purchased at the low price of just \$28,000 from the Ft. Wayne Township in Indiana in 2011.

After months of training personnel to properly use the vehicle and its many features, the truck made its debut on the biggest of stages when it responded to the deadly tractor trailer accident in Botetourt County in February. The wreck shutdown Interstate 81 for almost an entire day after nearly two dozen 30-gallon barrels of the chemical thioglycolate littered the median.

Salem Fire and EMS Captain, **Kevin Totten**, and six other Salem firefighters helped secure the scene and clean-up the toxic spill thanks to what is arguably the best "used" car purchase in the history of Salem.



Dog Days of Winter

Unseasonably warm winter weather enabled the staff at the **Salem Animal Shelter** to enhance the experience of visitors like this Bethel Baptist Church group. Preschoolers toured the facility and did more than just play.

"I go into the schools and participate in off-site animal events throughout the year. While education is an important step in reducing pet overpopulation, it's when we have groups come to our shelter for a tour and get to see the facility and animals in person that the best overall education is truly shared," says Shelter Manager, **Rebecca Custer**.

The shelter routinely hosts groups ranging in age from preschoolers to college students. Girl and Boy Scouts, assisted living groups and special needs kids and adults routinely get the "shelter experience". Custer says the staff considers hosting their biggest privilege.



Google Earth

Google Search

Salem High School senior **Landon Elmore** has made it possible for people all over the world to see his high school in a whole new light. Recently Elmore spent about 8 weeks of time in his architectural drawing class creating a 3D image of the school for Google Earth that anyone can view in 3D without any kind of special glasses.

"It took about two months to complete the project," he says. "I had to take the pictures of the building and then all of the design was done on the computer. I really like it and my classmates were pretty impressed when they saw the finished product."



Elmore's teacher **Sarah Gerrol** came up with the idea and Elmore made it a reality. The finished product is in the Google Warehouse at this address <http://sketchup.google.com/3dwarehouse>. To check out the 3D image, just type in Salem High School and Elmore in the search bar.





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Green for the Greenway



In a perfect world, the Roanoke River Greenway would be an 18-mile long trail that would allow folks to jump on its path at Green Hill Park in Roanoke County, travel through Salem, into Roanoke and eventually wind-up in Vinton.

Thanks in part to the efforts of Salem's representatives on the Greenway Commission (left), construction is taking place right now on another leg of the trail in Salem along Riverside Drive. However, linking the stretch of Greenway between Rotary Park on Route 419 and Bridge Street in Roanoke is going to take some doing. In fact, it's going to take about \$7 million worth of doing.

So far, the "Bridging The Gap" campaign has raised about a third of that amount thanks to the support of state and local governments, private foundations, companies and individual donors.

If you would like to donate or get involved you can learn more about the campaign at www.greenways.org and by becoming a fan of Roanoke Valley Greenways on facebook.



Raising the Roof with the Red Sox

When fans roll into LewisGale Field this spring for the start of the Red Sox season, they'll notice a brand new, shiny grill cover at the Ted Williams grilling area along the first base line. Crews from Salem's Streets and Maintenance department designed and installed an aesthetically pleasing curved metal cover that is 31 feet long and visible as fans approach the ballpark. The unique curved design allows the addition to blend right in with the original structure.

In addition, the skilled workers also constructed a



97-foot long covered picnic pavilion along the left field line. The pavilion will serve as the ideal gathering spot for corporate and family events.

"The left field pavilion and completion of the Ted Williams Grill are two fabulous new additions to enhance the fan experience at LewisGale Field," says **Todd Stephenson**, Salem Red Sox General Manager. "These improvements will provide families and large groups a Major League experience at a Minor League game."



Guiding Hand

Fellow teachers select Sarah Cocowitch as Teacher of the Year.

BY MIKE STEVENS

It's a long way from the west coast to East Salem, but Guidance Counselor Sarah Cocowitch has managed to handle the transition with ease.

"I was homesick at first, but I really like the seasons and the sense of progress and change they give you," she says. "Plus, this is a great place to raise a family and people are much friendlier here."

Friendly – and very giving.

Just a few weeks after receiving the Virginia School and Youth Programs Statewide Volunteer of the Year award in early February, Cocowitch was named the Salem School Division's Teacher of the Year for 2012 by her peers.

"It's very overwhelming to me because I've only been here three years," she says. "I am extremely flattered, and honestly, it was a tremendous source of pride for me just to get my foot in the door in Salem. I've tried to pour my heart and soul into my job, and I'm very humbled by this honor."

As an elementary guidance counselor, Cocowitch is part teacher and part social worker. She helps children learn about the pillars of character,

how to communicate with one another, work as a team, practice good manners and be prompt.

"I feel important at East Salem because I believe I am often providing a role of support for a child who may not necessarily have it outside of the school," she says. "We try to make sure that the basic needs of our students are met and we also try to provide mentors for them."

Cocowitch grew up just outside of San Diego in Del Mar, California and she has been mentoring students since she earned her Bachelor's degree in Psychology from the University of California-Berkeley in 2001. Her first job out of college was running a supplemental educational program in the bay area where she worked mainly with the offspring of Stanford professors and very affluent children from Palo Alto and San Francisco. Since arriving at East Salem, she's come to realize that kids are kids, and that all students truly need the same things to be successful.

"All kids have great big hearts and each one needs the same encouragement, self-esteem boosting and

East Salem Elementary Guidance Counselor Sarah Cocowitch has only been in Salem for three years, but has found her niche.



confidence building when they are young,” she says. “I love the responsibility and the fact that every day is completely different.”

“I enjoy watching her work with students, whether it’s with the whole class, small group or with individual students,” says East Salem Principal Diane Rose. “I have not witnessed anyone with such a natural ability to counsel and provide for our families as she does daily.”

Rose knew Cocowitch would be something special at East Salem before she even started on the job. Shortly after she was hired, Cocowitch dropped by the school one day during the summer of 2009. When she entered the office she noticed that Rose was busy sizing-up an East Salem student who needed a new pair of shoes.

“When the little boy left the office with his new shoes, I turned to Sarah and she was standing there with tears running down her cheeks,” says Rose. “She told me ‘I know this is definitely the right place for me and I know I will be able to make a difference.’”

Cocowitch met her husband, Matt, who is a Virginia native and Virginia Tech graduate in 2005. After a couple of years of long distance dating she left the west coast and enrolled at Virginia Tech where she received her Master’s degree in Counselor Education in 2009. Soon afterwards, she was hired by the Salem School Division.

“As our division representative this year, Mrs. Cocowitch not only represents our division and our profession, she also represents School Counselors in particular,” says Salem Superintendent, Dr. Alan Seibert. “There have been times in the past when politicians in Richmond have questioned the need for School Counselors, but at each of our schools, school counselors are the nexus of support and information for students and families.”

“As the state continues to struggle with budget issues that can potentially increase class sizes and the demands on teachers, I really believe it’s important that all of the other worries related to personal or social problems are put aside and handled by the guidance counselors, so teachers can focus on teaching,” she says.

Cocowitch also heads up the East Salem effort related to “Pasta for Pennies” – the Olive Garden sponsored program that raises money for the Leukemia and Lymphoma Society. Her ability to raise money and teach life lessons at the same time earned her the statewide volunteerism award.

In the past two years her efforts have inspired teachers and students to donate over \$7,000 for the project.

“I grew up in a family where we served others,” she says. “I remember going to soup kitchens with my Mom on Sunday night and helping others. I really try to stress the concept of having empathy for others with my students and work really hard on having them, stop, think and put themselves in someone else’s shoes.”

That’s an important lesson to learn no matter which coast you’re on. 🐦

East Salem
Guidance
Counselor
Sarah
Cocowitch
confers
with
Principal
Diane
Rose.



SALEM SALUTES ALL TEACHERS OF THE YEAR



TONY WIRT
ANDREW LEWIS
MIDDLE SCHOOL
8TH GRADE
PHYSICAL SCIENCE
TEACHER



DANA PITTS
G.W. CARVER
ELEMENTARY
2ND GRADE
TEACHER



REGINA MEREDITH
SALEM HIGH
SCHOOL
GUIDANCE
COUNSELOR



JUDY FISHER
SOUTH SALEM
ELEMENTARY
2ND GRADE
TEACHER



JEANNE CHAUVIN
WEST SALEM
ELEMENTARY
4TH GRADE
TEACHER

Photos courtesy Wing-IT photo arts

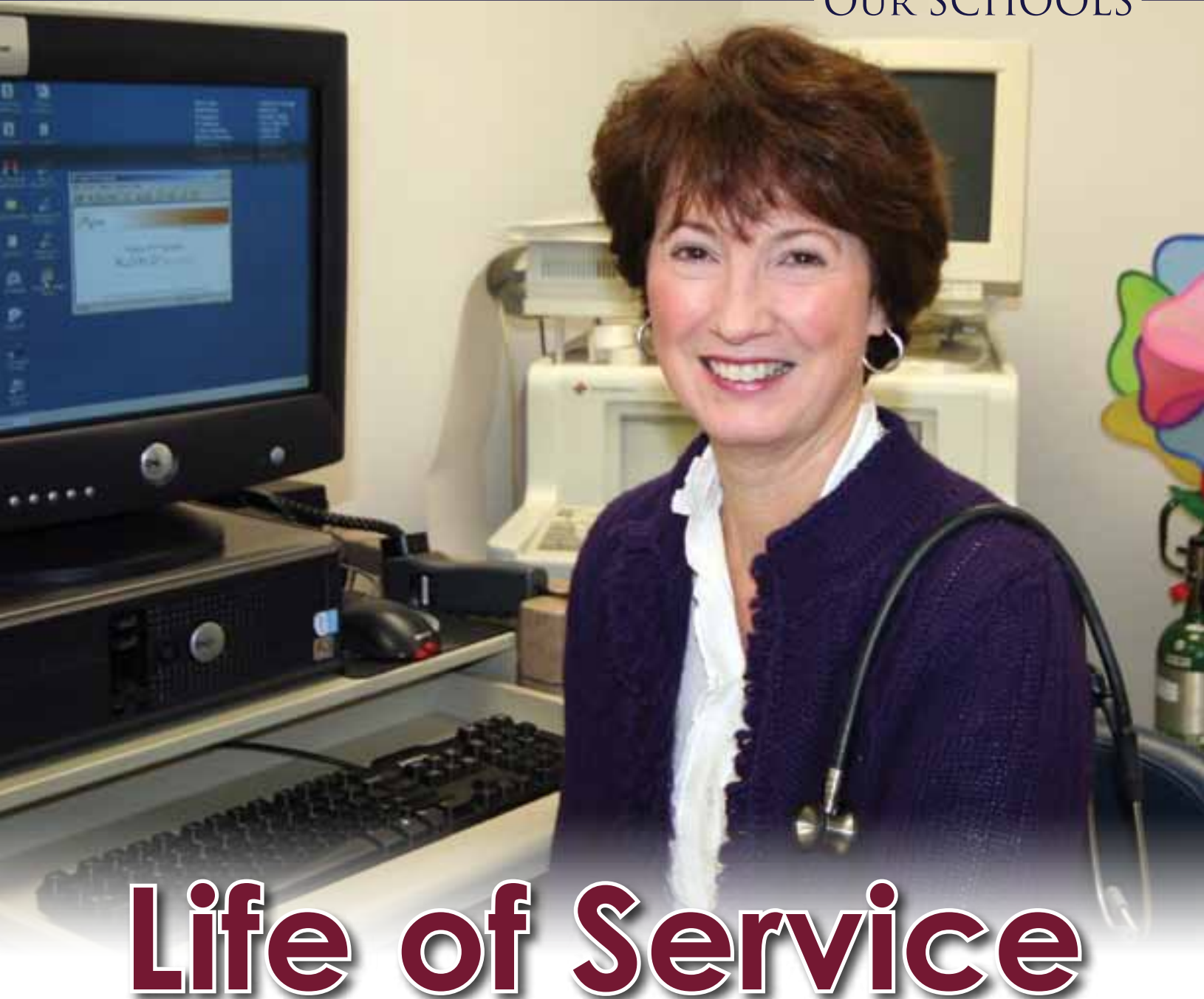


**GOOD MUSIC.
GOOD TIMES.
EVEN BETTER CAUSES.**

April 27	Domino
May 18	Key West
June 22	Project 4 & The Kings
July 27	Super Hold
August 17	Legacy

Adult Care Center of Roanoke Valley
Community Christmas Store
Salem/Roanoke County Food Pantry
RAM (Roanoke Area Ministries)/Children's Trust
Edgewood Lions Club/Salem Rescue Squad





Life of Service

Salem's School Board Chair has used her parents' examples and her own diabetes to fuel a life dedicated to helping others.

BY MIKE STEVENS

To understand Sally Southard's passion for children, you have to know a little about her own childhood.

As the daughter of a banker and homemaker growing up in Annapolis, Maryland, Sally was diagnosed with diabetes at the age of 10.

"I was put in a hospital for a week when I was first diagnosed, and back then parents couldn't stay with their children," she says. "I was all by myself being stuck with needles and it was terrible. I realized then just how important nurses are."



So important, that she became one herself.

After graduating from an all-girls school in Baltimore, Maryland, Southard ended up enrolling and graduating from Roanoke College. Like most high school students she was looking to put some distance between her hometown and her soon-to-be college town, plus she was also looking for a coed institution.

"There were only 50 girls in my class at this all-girls school, and I definitely wanted a coed college," she says. "Hal Johnston was the admissions recruiter for Roanoke College at the time and when he came to our school we thought if all the guys at Roanoke College were this cute - we are definitely going there."



Southard's experience and bedside manner have made her a successful pediatric nurse for more than three decades.

She not only got a Bachelor's degree in Psychology from Roanoke, but she also found her future husband, Bob, on campus. They dated for a number of years after graduation while Sally commuted back and forth to Charlottesville pursuing a second Bachelor's degree in science and nursing from the University of Virginia.

She earned that diploma with honors in 1980, immediately got a job as a registered nurse at what was then Roanoke Memorial Hospital, and a year later she and Bob married. They settled in Salem, and by 1983, Southard had her Master's degree from Virginia and was teaching future nurses at RMH.

She's now been a valued Pediatric nurse in the Carilion system for 32 years helping young people overcome their fears, feel better and live more productive lives.

"Most children do get better and improve because they are very resilient, have such good outlooks and adapt so well," she says. "These days I want children to be able to do everything they can do in life despite their asthma or diabetes. Helping them achieve their goals is very rewarding for me."

CAUSE AND EFFECT

Searching for that elusive cure for diabetes is also paramount in Sally's life.

"I remember my doctor telling me when I was first diagnosed that there would be a cure during my lifetime," she says. "Well, I've had the disease 46 years now, and I'm still waiting along with a lot of other people."

Sally and her Mom, who herself was diagnosed with diabetes at age 35 and is now 83, would sterilize their glass syringes overnight back in the late 1960s and then take their powerful one-shot-a-day insulin injections the following morning.

The advancements in treating and monitoring the disease have come a long way since then, but when you get right down to it, the latest insulin pump technology pales in comparison to the words of comfort Southard shares from her own experiences with newly diagnosed patients.

She often delivers what are called "bags of hope" on behalf of the Juvenile Diabetes Research Foundation to children who have just been diagnosed as Type 1 diabetics. Often the kids take the news much better than the parents, so Southard is there to



Dr. Alan Seibert
Salem
Superintendent
(2006-Present)

"Sally emulates all that good citizenship should entail as she consistently makes meaningful and sustained contributions to the community on behalf of the community. As a member of the School Board, she is very conscientious, well-prepared and an excellent facilitator. Her service to the school division and beyond is extensive, and always without ego. For Sally, her service is always about others."



Dr. Wayne Tripp
Salem
Superintendent
(1989-2006)

"Sally Southard was one of the best, if not the best, chairs with whom I worked. Sally combined all the necessary characteristics that one looked for in a chair and most importantly, she cared about people - students and employees. She was always gracious and professional in every situation and represented the system supremely well. There was always a genuine warmth and caring that shone through in all her interactions without fail. She was the complete board chair."



Superintendent Dr. Alan Seibert has always stood by Southard in good times and bad.

ease their minds and let them know their children can live normal lives, be active and one day have healthy children of their own.

“When I see these parents later and they tell me how much just speaking to them about my experiences meant, it almost makes me cry,” she says. “It’s very rewarding just to help ease some of the fears parents have and let them know the efforts of JDRF are paying off.”

WRAPPING FRUIT CAKES

You might say helping others is part of the fabric that makes

Southard tick. Besides serving on the JDRF board of directors, Southard also is involved with the American Lung Association, the Virginia Asthma Coalition, the Salem Planning and Prevention Team, and CHIP – the Child Health Investment Partnership to mention a few.

Her dad was a member of the Civitan Club in Annapolis, and that meant the entire family was invested in the club during the Holidays – like it or not.

“Every Christmas we would line-up at our dining room table as a family and wrap all those Claxton fruit



William Sinkler
Salem School
Board Member
(1993-2010)

“Sally was always willing to share information with those of us on the board and she communicated with the parents and students very effectively, as well. Sally led the board in a very unassuming way and she always made sure her fellow board members had their opinions heard and recognized. She definitely facilitated a team atmosphere and I think that was evident by the level of cooperation amongst the board members. She was a delightful lady and Board Chair.”



Charlotte Kidd
JDRF Executive
Director
Blue Ridge
Chapter

“Sally is one of the most dedicated volunteers I have ever worked with. She never says “no” and always goes the extra mile to help our chapter. Whether it is the walk, gala, or meeting with a newly diagnosed family, Sally always gets the job done. She is also a wonderful example of someone who has not let her Type 1 diabetes interfere with a very successful career and life of community service.”

LINKED FROM THE START

When Southard arrived at Roanoke Memorial Hospital in June of 1980, she quickly became friends with another University of Virginia School of Nursing graduate named Nancy Agee. For both women, RMH provided them with their first full-time jobs and served as the springboards for their careers in medicine as well as their friendship.

"Nancy's son and my daughter went to the same day care when they were young, and we car pooled at times back then," says Southard. "We still have mutual friends at work and in Salem, and Nancy and I also go to the same yoga class at the Salem YMCA."

Now, 32 years after their paths first crossed, Southard is the highly respected

Pediatric Nurse Practitioner, who coordinated the start of hospital's Pediatric Asthma Clinic, while Agee is the President and Chief Executive Officer of Carilion Clinic overseeing the non-profit healthcare giant and its nearly 11,000 employees.

"I've known Sally since she came to this area and feel fortunate to be associated with her," says Agee. "She is universally admired for her intelligence, kindness and generous spirit. She has a way of making you feel better in her presence, no matter who you are. Sally is unique in that she is active and successful in so many venues. She is an inspiration to me, and a fine example for the children, educators and leaders in our communities."



Salem School
Board Chair
Sally Southard



Carilion Chief
Executive Officer
Nancy Agee

cakes that the club sold," she says.

Southard doesn't exactly rank that amongst her fondest childhood memories, but she readily admits that the annual fruitcake wrapping session was one of her first glimpses into the importance of giving back and volunteering.

"My dad was also a volunteer fireman and my mom was a member of the Junior League and to this day she still knits blankets for the Hospital Auxiliary," she says. "They never told me to help others, but they definitely showed me why it's important to be involved in the community."

Southard first joined the Salem School Board in 1996 when she was nominated by then Vice-Mayor, Alex Brown. By 1999, she was elevated to the position of Board Chair, a position she holds to this day. She has worked alongside a variety of individuals and personalities in the last 15 years ranging from Jerry Pace to William Sinkler.

"The mix has been really good over the years and I think we're a great example of why appointed, at-large school boards are so much better," she says. "We don't have to worry about how decisions we make now will affect us in a future election, and we always have the entire division and all of the students in mind

when we make policy."

Southard will finish her sixth term on the Salem School Board in December of 2013. When that term expires she plans to step down and pass the baton.

"When I came on board the renovation of G.W. Carver was just being completed, now the young kindergarten students are learning on laptops and ipads, so a lot has happened in that span of time," she says. "It's time for some new blood, some fresh ideas and members who still have kids in the school division."

Southard's two children are both products of the Salem School Division. Rachel is a James Madison graduate, working as an occupational therapist in Richmond and Eric is a junior at JMU majoring in sports management.

"When the kids were in school I could get the inside scoop," she jokes.

The scoop on Southard, when it comes to her legacy on the board, is that she'll be remembered as a consensus builder who always put the children of Salem first.

"We've never had any real issues or in-fighting," she says. "Even if people don't agree we eventually vote together because we're all here to do what's best for the children."

Even if that means wrapping fruit cakes. 🐦

"We've never had any real issues or in-fighting. Even if people don't agree we eventually vote together because we're all here to do what's best for the children."

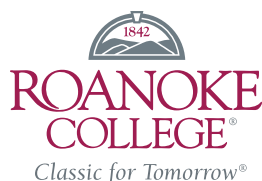
Sally Southard on being a Salem School Board member

Connect for Free

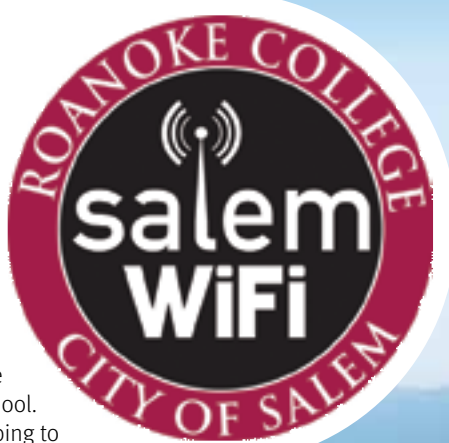
Roanoke College and Salem Team Up to Bring Free WiFi to Downtown

Roanoke College and the City of Salem's partnership on technology initiatives began in 1992, with the College extending its first Internet connection to Salem High School. Today, we're excited about our latest collaboration: helping to bring the latest technology to local citizens and the downtown business community.

Our home in Salem is one of Roanoke College's greatest assets, and now we're happy to help make this initiative possible.



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FASTBALLS FOOD FAMILY AND FUN

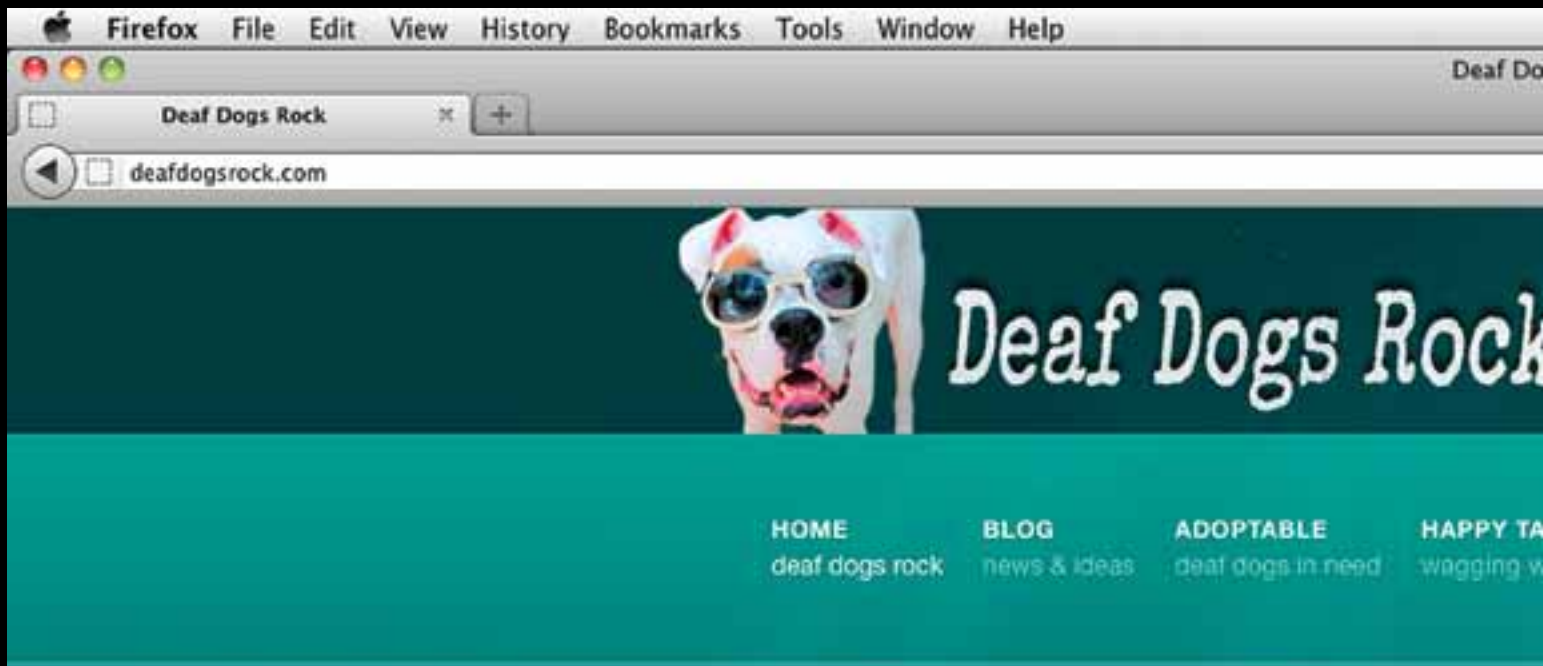




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Silent Shelter Success

A local couple turns adopting a deaf dog into a national campaign.

BY MIKE STEVENS

Christina and Nitro



Since 1968, the Salem Animal Shelter has successfully placed thousands of dogs and cats in good homes, but it's safe to say that none of those adoptions ever created more positive publicity for the shelter than the placement of a scrawny, deaf dog named Nitro.

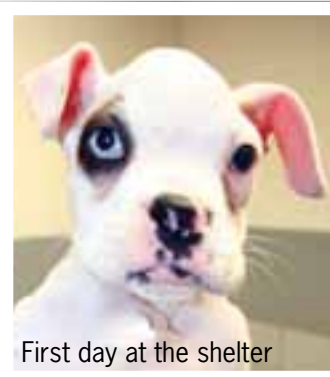
"The fact that Nitro came from a public, municipal shelter has really helped take away the negative stigma that is often associated with shelters nationwide," says Rebecca Custer, Salem Animal Shelter Manager. "For us, he has helped people understand that we truly are caring people who do everything we can to help these animals find good homes."

This particular puppy was found along the Salem portion of the Roanoke River back in November 2010, and if Animal Control hadn't spotted him he would have been a goner. When he was brought into the shelter for evaluation he had a very gaunt appearance and poor motor skills.

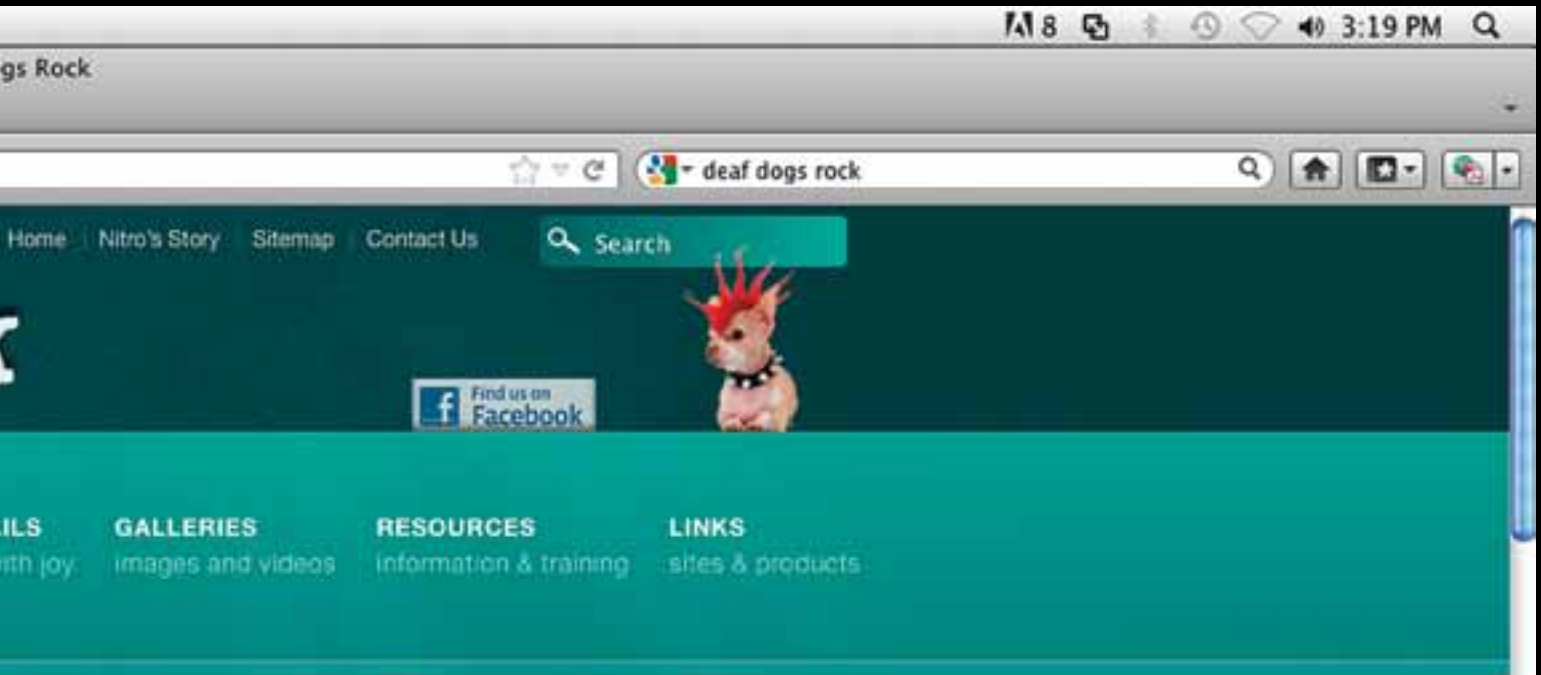
"It was obviously an abandoned dog that was probably taken away from its mother too soon," says Custer. "It was malnourished, its eyes were sunken-in and it had trouble walking. Honestly, it was in rough shape for a 10-week-old puppy."

"People think you automatically have to put down deaf or blind animals, but that's just not the case" says Salem Animal Shelter Lt. Bill Bandy. "They can still bring a lot of joy to somebody, so we do all we can to find the right person to adopt them."

But like so many animals that come through the Salem Shelter, Nitro started to bounce back after getting some healthy helpings of TLC from the staff.



First day at the shelter



"The one thing that dog had was a strong heart," says Custer. "Its poor condition didn't affect how much it wanted attention from people and soon he was eating and gaining weight and being more social. Once the Lees adopted him, he began to really blossom."

Chris and Christina Lee are lifelong animal lovers who live just outside of Salem. Chris is a mathematics professor at Roanoke College. Christina is a blogger and an equestrian who has done everything from design work for the once popular Sidney's clothing chain to advertising sales for Wheeler Broadcasting. The couple already had three dogs in their home and three horses on their property, but when Christina showed her husband a picture of the pathetic little white boxer in need of a home, he never hesitated.

"I knew the plea came because we had a fenced yard and we had proven ourselves to be conscientious dog owners," says Chris. "We were apprehensive, but we looked at this as an opportunity and never an obligation."

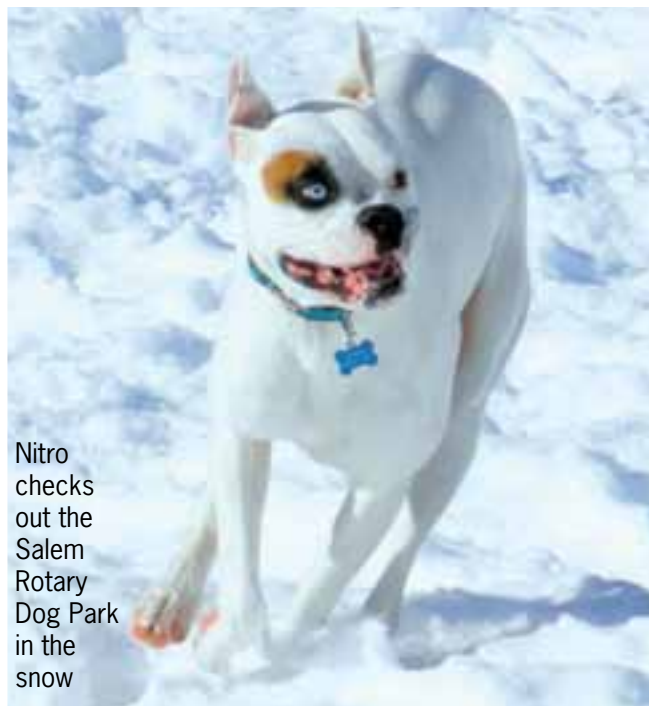
They immediately named him "Nitro" and began training him at Vinton's "Field of Dreams" training center. He was the first deaf dog the facility had ever hosted, but he quickly became a star pupil. Because Nitro couldn't hear the commands of other owners and the barking of his fellow canines, he was much more focused on his owners and learning. By using a combination of American Sign Language and a treat-based rewards system, the Lees have taught Nitro a menagerie of commands. In fact, he has accomplished so much in his formal training that he is now certified to begin classes to be a Therapy Dog.

"It's been life-changing," says Chris. "He's made us much better dog owners and advocates for formal training for all dogs and their owners."

Having Nitro has actually been more of a life-changing experience than anyone could have ever imagined 19 months ago when they took the dog home. Nitro's amazing story has been featured on local, regional and national TV and his adoption and development have been chronicled in print everywhere from this publication to The American Dog Magazine that is circulated nationwide.



Chris used sign language to train young Nitro



Nitro checks out the Salem Rotary Dog Park in the snow

“He has generated a tremendous amount of publicity for not only the Salem Animal Shelter, but for special needs dogs everywhere,” says Custer. “Nitro has become the poster child for deaf dogs.”

In fact, his celebrity status is now worldwide on the web. The Lees have launched a website called “Deaf Dogs Rock” where among other things they post photos and information about deaf dogs that are in need of homes all over the United States. Currently, over 300 deaf dogs waiting for adoption are listed on the site.

“We thought part of our role with this website would be to help deaf dog owners get over the anxiety they might feel, but instead we’re finding people who want to help dogs in need and adopt,” says Chris.

The “education to inspiration” site also has allowed them to connect with other deaf dog owners and help tell their equally

White Noise

Dogs are a lot like humans in that they can lose their hearing suddenly or gradually due to injury, infection or old age. But the most widespread cause of congenital deafness, the type Nitro has, is due to a lack of pigment in the animal’s skin. If there is a lack of pigmentation in the inner ear of a dog, the nerve endings deteriorate, die and disappear in the first few weeks of the puppy’s life, resulting in deafness.

amazing stories. One such owner is Mac Adams, a homicide detective in Richmond, who has adopted four deaf pit bulls.

“I had just posted a listing on the website and he sent me an email telling me that he was driving all the way to Georgia to get the dog,” says Christina. “He later sent me a picture of his dogs and we were blown away that he had four deaf dogs. We started calling him the ‘Mac Four Pack’.”

Their message of education and inspiration also reaches thousands on their Deaf Dogs Rock facebook page that is filled with helpful posts.

“Our weekly reach on facebook is now 5,000 active users, which is excellent,” says Christina. “People know I’m the crazy dog lady and we have gotten so big so fast that we’re now looking to establish a foundation, so we can help even more deaf dogs.”

Through all of this, Nitro’s trademark has become his one blue eye that is framed perfectly by a black circle and topped with a brown accent patch.

“He sucks people in with that eye,” says Christina. “People usually don’t see it at first until he looks up at them and then it’s like wow! He’s really a handsome boy.”

A pretty nice compliment for what was thought to be a washed-up boxer. 🐾



Mac Adams’ four deaf pit bull terriers



Photos courtesy Christina Lee

CHIKIN BIZNESS

Shaine Miles brings his Tech football mentality to Salem's new Chick-fil-A.

BY MIKE STEVENS

If Shaine Miles were a menu item from his favorite fast food restaurant there's no doubt that he would be the Spicy Chicken Sandwich.

The former Salem High School and Virginia Tech football player, who was always known for his fiery play on the field, has returned to southwest Virginia to bring Salem residents a much-anticipated Chick-fil-A right here in his hometown, and not surprisingly, he will own and operate the business much like he played and coached on the gridiron.

"I'm still pretty intense, and although I've tried to make myself understand that this isn't a football field, in the heat of the moment I can still get pretty vocal," he admits.

"You don't want five of me running the restaurant, and that's why I try to surround myself with

good people who offset and compliment my style."

Ironically, when Miles played football the last thing anyone would have ever accused him of being was a "chicken." He was often front and center whenever there was a confrontation that required someone to come to the aid of a teammate and he was more than ready to mix things up. So it's not unexpected that he has used those personality traits to his advantage to become a successful businessman.



"When you are competitive by nature you want to be the best, surround yourself with the best and you want to associate yourself with the best," he says. "Chick-fil-A has that reputation and I certainly hope I can enhance that in Salem."

Miles and his wife of 15-years, Vanessa, already have done just that in Ashland, Kentucky where they opened their first Chick-fil-A restaurant five years ago. That franchise was given the chain's highest honor in 2009 for reaching and then exceeding aggressive sales goals.



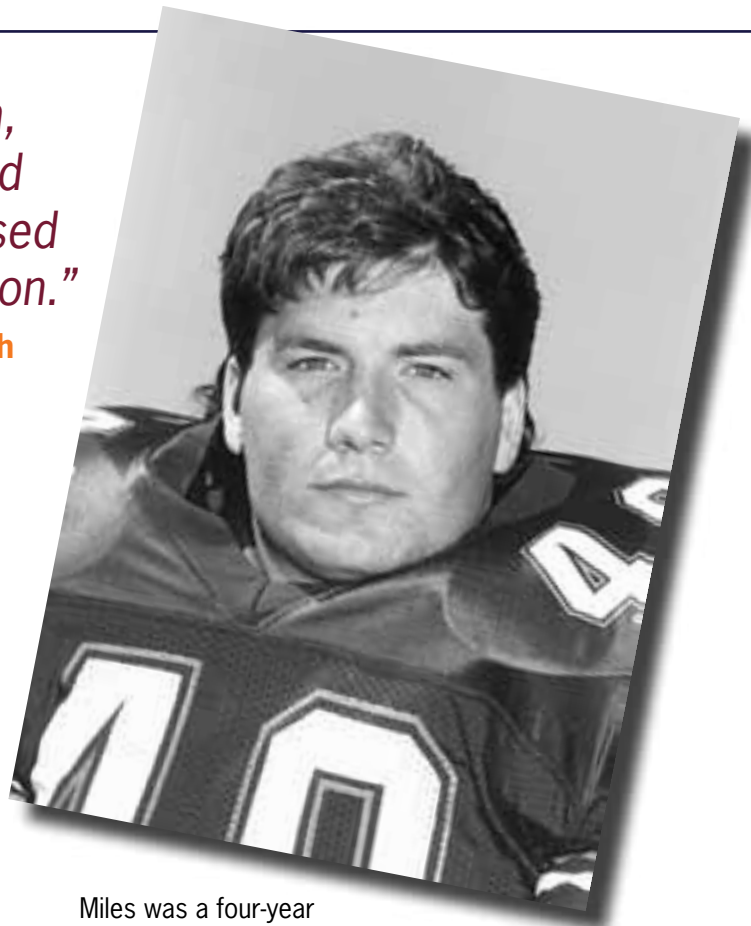
Salem Mayor Randy Foley poses with Shaine Miles at the Chick-fil-A groundbreaking. Both men were star football players at Salem High School.

"I remember Shaine as a smart, tough, hardworking guy and he always wanted to be one step ahead. I am not surprised that he is very successful in his vocation."

Frank Beamer, Virginia Tech Head Football Coach



Shaine's wife, Vanessa, is a key member of the Chick-fil-A team here in Salem overseeing community outreach.



Miles was a four-year letterman in his days with the Hokies, laying the groundwork of consecutive bowl games that extends to today.

"Any service business is about people and building a sense of community," he says. "You try to recruit the right people and put them in a position to be successful, and quite honestly I use a lot of the same language I used as a coach because I don't have a business degree."

Miles earned a Bachelor's in history and a Master's in Education Curriculum and Instruction while he was in Blacksburg. He was part of the Virginia Tech recruiting class of 1992 that helped establish the foundation for the successes Frank Beamer's program has achieved in the past 20 years. The teams Miles played for at Tech jump started the Hokies' current streak of consecutive bowls by earning spots in the Independence, Gator, Sugar and Orange bowls from 1993-96.

"There are certainly a lot of guys on those teams who had a much greater impact than I did, but we all feel like we have sweat equity built up in Virginia Tech football and we're very proud of that," he says.

Miles was a four-year letterman for the Hokies starring on special teams and making significant contributions as a tight end. Coming out of Salem, he was rated one of the state's top 25 prospects, and he ended his prep career by playing in the Virginia High School Coaches Association all-star game.

"I remember Shaine as a smart, tough, hardworking guy and he always wanted to be one step ahead," says Beamer. "I am not surprised that he is very successful in his vocation."

Miles had intentions of becoming a college head coach much like Beamer when he left Blacksburg in 1996. He joined

former Jefferson Forest high school head coach Bob Christmas in Bainbridge, Georgia to coach prep players, but soon landed back in college as a graduate assistant coach at Marshall under head coach Bob Pruett.

His first full-time assistant's job came with Paul Johnson at the Naval Academy and that experience helped guide him back to Marshall where he was working about 100 hours a week and making \$45,000 a year coaching tight ends.

Despite the long hours, he was quickly climbing the ladder and continuing the Miles' family coaching tradition that was set in motion by his father, Billy, who was both a revered assistant coach at Salem under Willis White and a successful head coach at Franklin County, when a convergence of events literally changed his life.

Coach Pruett walked into one of the Marshall Coaches' meetings in the spring of 2005 and unexpectedly told the staff that he was retiring effective immediately. At the same time, Vanessa was pregnant with their son, Brock, and as luck would

have it – installers were at their house that same day installing new carpet for what they thought would be their home in the Huntington area for the foreseeable future.

"When there's a coaching change at the top it's rarely good for the assistants, and I knew right then that I had to stop the installers because we could no longer afford the carpet, or we had to let them continue, so we could get the house ready to sell."

Miles was fortunate to be retained on the new Marshall staff when Mark Snyder was hired as the next head coach of the Thundering Herd, but after one more year of coaching, now with a young son at home, he and Vanessa decided to make a move into private business.

"Realistically, I knew that in order to get a shot at becoming a head coach it would require us, as a family, to make another eight or nine moves," he says. "We just decided that it just wasn't worth it."

That family and food would win out over football shouldn't be a complete surprise. The Miles Family has owned and operated Billy's Barn in the Salem area on-and-off for decades, and Shaine and Vanessa actually met in high school while the two were working at the Food Lion grocery store on Wildwood Road that's located less than a mile from the site of their new Chick-fil-A.

"Vanessa was a cheerleader at the time when we started dating and we actually dated all the way through college," he says. "She now serves as our community director and all of our community outreach will go through her. She is a huge part of the business and a big reason we'll be a positive influence in the community."

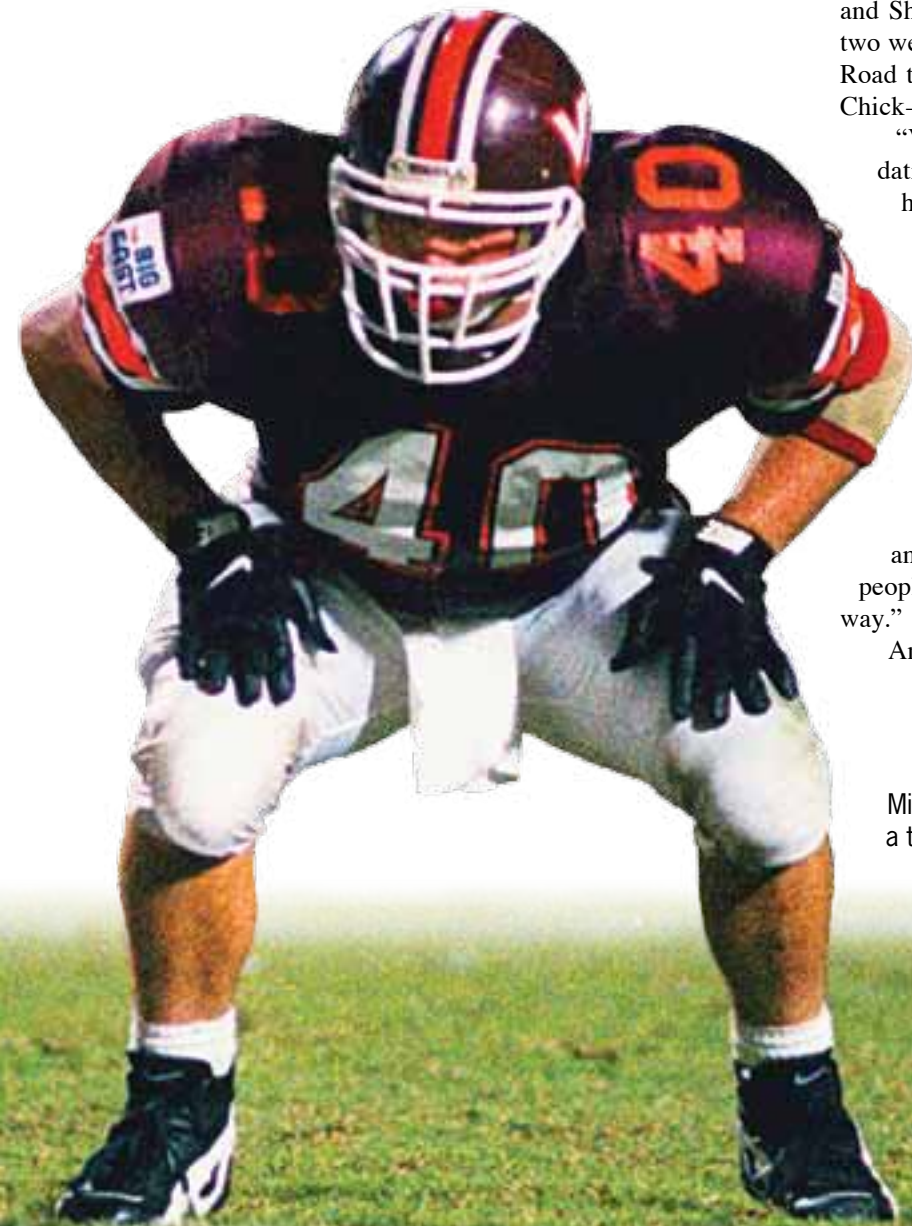
For the Miles' family, making a significant impact in Salem by serving the community, other than just through the drive-thru window, is far more important than selling waffle fries.

"We're thankful for this opportunity and thankful for the experiences that have helped get us to this point," he says. "We've seen different cultures and work ethics and observed the hopes and dreams of a diverse group of people and, hopefully, it's made us better people along the way."

And that's a nugget each of us could stand to swallow. 🐔

Miles starred on special teams and made contributions as a tight end when he played at Virginia Tech in the mid-90s.

Virginia Tech photos courtesy of Dave Knachel





String M

ADAM RUTLEDGE USES HIS HOOPS EXPERIENCE AS LEAD SINGER

Thirteen years ago, Adam Rutledge was still celebrating the Salem High School basketball team's second state championship of the 90s. The memorable postseason run that began in the quarterfinals at the Bast Center that year and culminated at the Norfolk Scope with the Group AA state title is a lasting memory for both Rutledge and Spartan sports fans. Now, over a decade later, Adam is using some of the same lessons he learned on the hardwood to take the band that bears his name to brand new heights.

"When I was playing basketball, I was always taught to envision the whole game and play it out in your mind ahead of time, and now I try to do the same thing before I go on stage," he says. "There's no question, the two are very similar."

For the last three years, Adam has been the lead singing, Fender guitar playing front man for the hard driving local country group Rutledge, but in high school the lanky guard was an outside shooting machine for Coach Charlie Morgan.

"I've always taken pride in teaching kids more than basketball, and I think Adam was one of the kids who took those things to heart," says Morgan. "I remember Adam as being a very good team player who was unselfish and always looking to get better. He's a big reason we won that thing in 1999."

In the Spartans' three state tournament wins that year, Rutledge averaged just under 20 points a game, and in Salem's quarterfinal win over Grundy he drilled six three-pointers in the first half alone as he hung 26 on the Golden Wave.

"Coach Morgan taught all of us the importance of discipline," he says. "Because of him I'm a stickler for being on time and just doing things the right way. All the stuff I did for basketball I've tried to carry over to music as far as practicing hard and preparing yourself."

"A lot of the stuff he taught us didn't really sink in with me until I got older and honestly, back then I hated it and I thought he was crazy, but as I've gotten older I've come to realize that it was brilliant – I love that man."

Morgan, who is now the head coach at Kingsport, Tennessee's Dobyns Bennett High School, and Adam's dad, Roger, were high school teammates when the two played together at Andrew



Adam Rutledge starred on the Salem High School state title basketball team in 1999.

Photo courtesy of Brian Hoffman

Music

LEADER OF A COUNTRY GROUP.

BY MIKE STEVENS
Photos by William Mahone



TOP: Video Producer Grant Plaskon gets the cast in place at the barn located on Texas Hollow Road.

RIGHT: Make-up artist Christin Burdette and Adam Rutledge's mother-in-law Susan Tate on the set of the video shoot.



Lewis. He's not surprised that Adam has been able to translate his success from one performance area to another.

"I'm not surprised at all, but this goes back to his parents who gave him a great foundation before I ever got him," says Morgan. "Being in a band you have to be a team player and again, Adam was always that top team player for Salem."

Rutledge, who is now 30, recently gathered with the rest of his bandmates just outside the Salem city limits to shoot something other than baskets - a brand new full length music video based on an original song penned by Adam called, "I Love My Life." The video has the potential to make him love his life even more and also elevate the band's profile from that of a regional hit to a known Nashville name.

"We're looking for management, an agent and eventually a record contract," he says. "If another big time artist wants to use the song we're fine with that too. We just want to get this thing in front of the right people, get some recognition and take the next step toward making this a legit career for us."

The video features scenes shot at a lake near Dixie Caverns, the Roanoke City Courthouse and in the mock courtroom at attorney Daniel L. Crandall's law office. However, the bulk of the video was

taped at a picturesque red barn on Texas Hollow Road owned by Mark and Ponza Atkinson.

"My close friend and neighbor, Bill Humphrey, knew about this barn and recommended it to us, but we needed it on such short notice that I didn't think there was any way we could make this happen," says Susan Tate, Adam's mother-in-law.

But with less than a week's notice, the Atkinsons not only agreed to open up their property and their barn, but they also provided space inside their home for the make-up artists to do their jobs and they let the band and extras invade their bathroom space.

"I'll never forget when Mark told us anything he had was ours for the asking," says Tate. "They welcomed us with open arms and you would have thought we had hired Mark to work for us. They were incredible."

That video session alone took seven hours to complete by the time hair, make-up, wardrobe and the multiple takes were shot. Video producer Grant Plaskon oversaw the production and all of the cast members in the video were from the Roanoke Valley.

"When you're dealing with 25 extras, four locations and the challenge of conveying the message of the song in a few minutes, you only get out of it what you put into it," says Plaskon. "The

pre-planning
really made this
a success as much as anything.”

“The finished product blew my mind and I think it’s ready for CMT or Great American Country right now,” says Rutledge. “It’s pretty humbling to me that all of these people came out and worked so hard to make this happen for us. Everything just fell right into place.”

The complete video production time topped 100 hours from the start of the taping to end of the editing, which was handled by J. Rodney Billingsley.

“There’s no doubt that people were surprised by the quality of the video,” says Plaskon. “I don’t think many of them thought a CMT quality video could be done in this area.”

One of the cast members is Adam’s wife, the former Kelly Tate. Like her husband, she graduated from both Salem high school and Roanoke College. Adam has a degree in business administration, but for most of his adult life he’s majored in southern rock music with the bands Southbound and Crobar Cane. Three years ago, a booking agent and Adam’s own mom both encouraged him to switch genres and give country music a shot. Now he’s hoping that move will take him all the way to Music Row.

“More so than ever, I’m more comfortable singing country music,” he says. “It suits my writing style better and I think this is the best avenue for the band to have a chance at doing something big, plus we all enjoy it.”

The multi-generational group that includes Adam’s dad and uncle has become a mainstay at Salem’s annual Star-B-Q concerts opening for the likes of Nashville songwriter and recording artist John Rich. Having those types of contacts and now a state-of-the art, high definition music video can only help create awareness.

“To have this video shot here means a lot to me,” he says. “The city has really been good to us, and it was nice for us to be able to give back to the area in this small way. I take great pride in being from Salem, and I love this place.”

And Salem has always loved Adam’s brand of string music – both on the court and in the barn. 🐾

The Players

Roger
Rutledge



Salem
Keyboard, Vocals

Cary
Rutledge



Salem
Guitar, Fiddle,
Banjo, Vocals

Jason
Weeks



Salem
Guitar, Mandolin,
Banjo

Josh
Pennington



Glenvar
Guitar

Jeff
Hofmann



Roanoke
Bass

Brett
Fulghum



Roanoke
Drums



CITY f SALEM

2 0 1 1 WATER QUALITY REPORT

We're pleased to present to you this year's Annual Water Quality Report. This report is designed to inform you about the quality of water and services we deliver to you every day. Our constant goal is to provide you with a safe and dependable supply of drinking water. We want you to understand the efforts we make to continually improve the water treatment process and protect our water resources. We are committed to ensuring the quality of your water. Our water source is the Roanoke River, and three ground water wells. In emergency situations, we purchase or exchange water with the Western Virginia Water Authority (WVWA) which is treated water from the Spring Hollow Reservoir, Carvins Cove and Crystal Springs.

The Virginia Department of Health has

completed a source water assessment for our waterworks system. This assessment provides information on possible sources of contamination to our source water. As determined by the source water assessment, the possibility of contamination to our water source (Roanoke River) is high. This is due to the fact that surface water is exposed to an inconsistent array of contaminants at varying concentrations due to changing hydrologic, hydraulic and atmospheric conditions with land use activities of concern in the assessment area. To view a copy of this water assessment, please contact the City of Salem Water Department office at 540-375-3029.

Please remember that we need your help in the protection of this valuable water resource.

WHAT'S NEW?

We constantly monitor for various constituents in the water supply to meet all regulatory requirements. Monitoring various sites in the distribution system helps us to better protect public health. During 2012 we will be monitoring for Synthetic Organic Contaminants, including pesticides and herbicides.

WHO CAN I CONTACT?

This report shows our water quality and what it means. If you have any questions concerning this report or your water utility, please contact Frank Young – Chief Filter Plant Operator, Marcus Potts – Chemist, or Caleb Taylor – Director of the Water and Sewer Department at 540-375-3029. We want our valued customers to be informed about their water utility. If you want to learn more, please attend any of the regularly scheduled City Council meetings. They are held on the second and fourth Monday of each month in council chambers.

The City of Salem Water Department routinely monitors for constituents in your drinking water mandated by Federal and State laws. The following table shows the results of our monitoring for the period of January 1st to December 31st, 2011. All drinking water, including bottled drinking water, may be reasonably expected to contain at least small amounts of some constituents. It's important to remember that the presence of these constituents does not necessarily pose a health risk.

In the following table you will find many terms and abbreviations you might not be familiar with. To help you better understand these terms we've provided the following definitions:

Non-Detects (ND) - laboratory analysis indicates that the constituent is not present.

Parts per million (ppm) or Milligrams per liter (mg/l) - one part per million corresponds to one minute in two years or a single penny in \$10,000.

Parts per billion (ppb) or Micrograms per liter - one part per billion corresponds to one minute in 2,000 years, or a single penny in \$10,000,000.

Parts per trillion (ppt) or Nanograms per liter (nanograms/l) - one part per trillion corresponds to one minute in 2,000,000 years, or a single

penny in \$10,000,000,000.

Parts per quadrillion (ppq) or Picograms per liter (picograms/l) - one part per quadrillion corresponds to one minute in 2,000,000,000 years or one penny in \$10,000,000,000,000.

Picocuries per liter (pCi/L) - picocuries per liter is a measure of the radioactivity in water.

Millirems per year (mrem/yr) - measure of radiation absorbed by the body.

Million Fibers per Liter (MFL) - million fibers per liter is a measure of the presence of asbestos fibers that are longer than 10 micrometers.

Nephelometric Turbidity Unit (NTU) - nephelometric turbidity unit is a measure of the clarity of water. Turbidity in excess of 5 NTU is just noticeable to the average person.

Action Level - The concentration of a contaminant which, if exceeded, triggers treatment or other requirements which a water system must follow.

Treatment Technique (TT) - A treatment technique is a required process intended to reduce the level of a contaminant in drinking water.

Maximum Contaminant Level - The "Maximum Allowed" (MCL) is the highest level of a contaminant that is allowed in drinking water. MCLs are set as close to the MCLGs as feasible using the best available treatment technology.

Maximum Contaminant Level Goal - The "Goal" (MCLG) is the level of a contaminant in drinking water below which there is no known or expected risk to health. MCLGs allow for a margin of safety.

WHAT DOES THIS MEAN?

As you can see by the table, our system had no violations. We're proud that your drinking water meets or exceeds all Federal and State requirements. We have learned through our monitoring and testing that some constituents have been detected. The USEPA has determined that your water IS SAFE at these levels. In order to ensure that tap water is safe to drink, USEPA prescribes regulations which limit the amount of certain contaminants in water provided by public water systems. (MCL's are set by the U.S. Environmental Protection Agency. In developing the standards EPA assumes that the average adult drinks two (2) liters of water

each day throughout a 70-year life span. The USEPA generally sets MCL's at levels that will result in no adverse health effects for some contaminants or a one-in-ten-thousand to one-in-a-million chance of having the described health effect for other contaminants.) Food and Drug Administration (FDA) regulations establish limits for contaminants in bottled water which must provide the same public health protection. This table lists contaminants that had some level of detection. Many other contaminants were analyzed for but were not present or were below the detection limits of the lab equipment. Most of the results in the table are from testing done in 2011. However, state and federal agencies allows us to monitor for some contaminants less than once per year because the concentrations of the contaminants do not change frequently. Some of our data, though accurate, is more than one year old.

All drinking water, including bottled water, may reasonably be expected to contain at least small amounts of some contaminants. The presence of contaminants does not necessarily indicate that the water poses a health risk. Some people may be more vulnerable to contaminants in drinking water than the general population. Immuno-compromised persons such as persons with cancer undergoing chemotherapy, persons who have undergone organ transplants, people with HIV/AIDS or other immune system disorders, some elderly, and infants can be particularly at risk from infections. These people should seek advice about drinking water from their health care providers. EPA/CDC guidelines on appropriate means to lessen the risk of infection by cryptosporidium and other microbiological contaminants are available from the Safe Drinking Water Hotline (800-426-4791) or www.epa.gov/safewater/hotline/index.html

To learn even more about your water after reviewing this report, please call our office at 540-375-3029 or visit the City's website at www.ci.salem.va.us.

We at the City of Salem Water Department work around the clock to provide top quality water to every tap. We ask that all our customers help us protect our water sources, which are the heart of our community, our way of life and our children's future.

SALEM

WATER DEPARTMENT



TEST RESULTS

Contaminant	Violation Y/N	Level Detected	Unit Measurement	MCLG	MCL	Likely Source of Contamination
Microbiological Contaminants						
1. Total Coliform Bacteria	N	3 samples	P/A	0	presence of coliform bacteria > 5% of monthly samples	Naturally present in the environment
2. Fecal coliform and E.coli	N	0	P/A	0	a routine sample and repeat sample are total coliform positive, and one is also fecal coliform or E. coli positive	Human and animal fecal waste
3. Turbidity	N	0.014-0.151	NTU	n/a	0.3	Soil runoff
4. Cryptosporidium Most recent monitoring period 2008-2010	N	1-2	Oocysts per 10 liters	0	99% removal by filtration plus addition as required under the LT2ESWTR	Human and animal fecal waste THIS IS UNTREATED WATER!!
5. Giardia lamblia Most recent monitoring period 2008-2010	N	2-7	Cysts per 10 liters	0	99.9% removal or inactivation	Human and animal fecal waste THIS IS UNTREATED WATER!!
Radioactive Contaminants						
6. Beta/photon emitters	N	2.0	pCi/l	0	4	Decay of natural and man-made deposits
7. Alpha emitters	N	<1.1	pCi/l	0	15	Erosion of natural deposits
8. Combined radium	N	0.8	pCi/l	0	5	Erosion of natural deposits
Inorganic Contaminants						
9. Antimony	N	< 2	ppb	6	6	Discharge from petroleum refineries; fire retardants; ceramics; electronics; solder
10. Arsenic	N	< 2	ppb	n/a	10	Erosion of natural deposits; runoff from orchards; runoff from glass and electronics production wastes
11. Aluminum	N	0.063	ppm	0.05-0.20	0.20	Metal used in electrical conductors, explosives, paints, photography, utensils
12. Barium	N	0.042	ppm	2	2	Discharge of drilling wastes; discharge from metal refineries; erosion of natural deposits
13. Beryllium	N	< 2	ppb	4	4	Discharge from metal refineries and coal-burning factories; discharge from electrical, aerospace, and defense industries
14. Cadmium	N	< 2	ppb	5	5	Corrosion of galvanized pipes; erosion of natural deposits; discharge from metal refineries; runoff from waste batteries and paints
15. Chromium	N	< 10	ppb	100	100	Discharge from steel and pulp mills; erosion of natural deposits
16. Copper Most recent monitoring period 2010	N	0.0055 - 0.1250	ppm	1.3	AL=1.3	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
17. Silver	N	<0.01	ppm	n/a	0.10	Naturally occurring in environment
18. Chloride	N	15.2	ppm	n/a	250	Naturally occurring in environment
19. Sulfate	N	31.1	ppm	n/a	250	Naturally occurring in environment
20. pH	N	7.25-8.04	pH units	n/a	6.6 – 8.5	Acidity or basicity of water
21. Total dissolved solids	N	205	ppm	n/a	500	Physical property of water
22. Iron	N	< 0.05	ppm	n/a	0.3	Naturally occurring in environment
23. Manganese	N	< 0.01	ppm	n/a	0.05	Naturally occurring in environment
24. Nickel	N	< 0.01	ppm	n/a	0.1	Naturally occurring in environment, Used in alloys, protective coatings
25. Zinc	N	< 0.01	ppm	n/a	5	Naturally occurring in environment, Used in alloys, batteries, fungicides
26. Color	N	<5	Color units	n/a	15	Physical property of water
27. Sodium	N	6.45	ppm	n/a	n/a	Naturally occurring in environment

28. Chlorine	N	1.15-1.62	ppm	4	4	Required disinfectant added during the treatment process to eliminate bacteria
29. Fluoride	N	0.70-0.93	ppm	4	4	Erosion of natural deposits; water additive which promotes strong teeth; discharge from fertilizer and aluminum factories
30. Lead - Most recent monitoring period 2010	N	0.0002-0.0062	ppm	0	AL=0.015	Corrosion of household plumbing systems, erosion of natural deposits
31. Mercury (inorganic)	N	< 0.2	ppb	2	2	Erosion of natural deposits; discharge from refineries and factories; runoff from landfills; runoff from cropland
32. Nitrate/Nitrite (as Nitrogen)	N	0.48	ppm	10	10	Runoff from fertilizer use; leaching from septic tanks, sewage; erosion of natural deposits
33. Ortho Phosphate	N	<0.05	ppm	n/a	n/a	Used in drinking water treatment
34. Selenium	N	< 0.01	ppm	0.05	0.05	Discharge from petroleum and metal refineries; erosion of natural deposits; discharge from mines
35. Thallium	N	< 2	ppb	0.5	2	Leaching from ore-processing sites; discharge from electronics, glass, and drug factories
36. Hardness	n/a	146-238	ppm	n/a	n/a	Primary dissolved limestone minerals from soil and rock materials
37. Alkalinity	n/a	97-181	ppm	n/a	n/a	Primary dissolved limestone minerals from soil and rock materials
Synthetic Organic Contaminants including Pesticides and Herbicides (Most Recent Monitoring Period 2009)						
38. 2,4-D	N	< 0.5	ppb	70	70	Runoff from herbicide used on row crops
39. 2,4,5-TP (Silvex)	N	< 0.5	ppb	50	50	Residue of banned herbicide
40. Carbaryl	N	< 2	ppb	0	700	A pesticide used on forest lands
41. Alachlor	N	< 0.1	ppb	0	2	Runoff from herbicide used on row crops
42. Atrazine	N	< 0.5	ppb	3	3	Runoff from herbicide used on row crops
43. Benzo(a)pyrene (PAH)	N	< 0.05	nanograms/l	0	200	Leaching from linings of water storage tanks and distribution lines
44. Carbofuran	N	< 2	ppb	40	40	Leaching of soil fumigant used on rice and alfalfa
45. Chlordane	N	< 0.2	ppb	0	2	Residue of banned termiticide
46. Dalapon	N	< 2.5	ppb	200	200	Runoff from herbicide used on rights of way
47. Di(2-ethylhexyl) adipate	N	< 1	ppb	400	400	Discharge from chemical factories
48. Di(2-ethylhexyl) phthalate	N	< 2	ppb	0	6	Discharge from rubber and chemical factories
49. Dibromochloropropane	N	< 20	nanograms/l	0	200	Runoff/leaching from soil fumigant used on soybeans, cotton, pineapples, and orchards
50. Dinoseb	N	< 0.5	ppb	7	7	Runoff from herbicide used on soybeans and vegetables
51. Diquat	N	< 5	ppb	20	20	Runoff from herbicide use
52. Methomyl	N	< 2	ppb	0	200	Broad spectrum insecticide
53. Aldicarb Sulfoxide	N	< 2	ppb	0	4	Runoff from insecticide use, applied directly to soil
54. Aldicarb Sulfone	N	< 2	ppb	0	2	Runoff from insecticide use, applied directly to soil
55. Aldicarb	N	< 2	ppb	0	3	Runoff from insecticide use, applied directly to soil
56. Ethylene dibromide	N	< 10	nanograms/l	0	50	Discharge from petroleum refineries
57. Dicamba	N	< 0.5	ppb	200	200	Runoff from herbicide use
58. Heptachlor	N	< 0.05	nanograms/l	0	400	Residue of banned termiticide
59. Heptachlor epoxide	N	< 0.05	nanograms/l	0	200	Breakdown of heptachlor
60. Hexachlorobenzene	N	< 0.1	ppb	0	1	Discharge from metal refineries and agricultural chemical factories
61. Hexachlorocyclopentadiene	N	< 0.5	ppb	50	50	Discharge from chemical factories

62. Lindane	N	< 0.1	nanograms/l	200	200	Runoff/leaching from insecticide used on cattle, lumber, gardens
63. Methoxychlor	N	< 0.1	ppb	40	40	Runoff/leaching from insecticide used on fruits, vegetables, alfalfa, livestock
64. Oxamyl [Vydate]	N	< 2	ppb	200	200	Runoff/leaching from insecticide used on apples, potatoes and tomatoes
65. PCBs [Polychlorinated biphenyls]	N	< 0.2	nanograms/l	0	500	Runoff from landfills; discharge of waste chemicals
66. Pentachlorophenol	N	< 0.05	ppb	0	1	Discharge from wood preserving factories
67. Picloram	N	< 0.5	ppb	500	500	Herbicide runoff
68. Simazine	N	< 0.5	ppb	4	4	Herbicide runoff
69. Toxaphene	N	< 1	ppb	0	3	Runoff/leaching from insecticide used on cotton and cattle
Volatile Organic Contaminants						
70. Benzene	N	< 0.5	ppb	0	5	Discharge from factories; leaching from gas storage tanks and landfills
71. Carbon tetrachloride	N	< 0.5	ppb	0	5	Discharge from chemical plants and other industrial activities
72. Chlorobenzene	N	< 0.5	ppb	100	100	Discharge from chemical and agricultural chemical factories
73. o-Dichlorobenzene	N	< 0.5	ppb	600	600	Discharge from industrial chemical factories
74. p-Dichlorobenzene	N	< 0.5	ppb	75	75	Discharge from industrial chemical factories
75. 1,2 - Dichloroethane	N	< 0.5	ppb	0	5	Discharge from industrial chemical factories
76. 1,1 - Dichloroethylene	N	< 0.5	ppb	7	7	Discharge from industrial chemical factories
77. cis-1,2-Dichloroethylene	N	< 0.5	ppb	70	70	Discharge from industrial chemical factories
78. trans - 1,2 -Dichloroethylene	N	< 0.5	ppb	100	100	Discharge from industrial chemical factories
79. Dichloromethane	N	< 0.5	ppb	0	5	Discharge from pharmaceutical and chemical factories
80. 1,2-Dichloropropane	N	< 0.5	ppb	0	5	Discharge from industrial chemical factories
81. Ethylbenzene	N	< 0.5	ppb	700	700	Discharge from petroleum refineries
82. Styrene	N	< 0.5	ppb	100	100	Discharge from rubber and plastic factories; leaching from landfills
83. Tetrachloroethylene	N	< 0.5	ppb	0	5	Leaching from PVC pipes; discharge from factories and dry cleaners
84. 1,2,4 -Trichlorobenzene	N	< 0.5	ppb	70	70	Discharge from textile-finishing factories
85. 1,1,1 - Trichloroethane	N	< 0.5	ppb	200	200	Discharge from metal degreasing sites and other factories
86. 1,1,2 -Trichloroethane	N	< 0.5	ppb	3	5	Discharge from industrial chemical factories
87. Trichloroethylene	N	< 0.5	ppb	0	5	Discharge from metal degreasing sites and other factories
88. TTHM [Total trihalomethanes]	N	7.5-44	ppb	0	80	By-product of drinking water chlorination
89. HAA5 [Haloacetic acids]	N	7.6-52	ppb	n/a	60	By-product of drinking water chlorination
90. Toluene	N	< 0.5	ppm	1	1	Discharge from petroleum factories
91. Vinyl Chloride	N	< 0.5	ppb	0	2	Leaching from PVC piping; discharge from plastics factories
92. Xylenes	N	< 0.5	ppm	10	10	Discharge from petroleum factories; discharge from chemical factories
Total Organic Carbon						
93. Total Organic Carbon	N	0.00 – 1.36	ppm	n/a	Treatment Technique (see note #93)	Naturally present in the environment



City of Salem water lab

Lead and Copper Analysis (Most recent monitoring period 2010)*							
Contaminant	Unit of Measurement	MCLG	MCL	Level Found	Action Level Exceeded	Samples > AL	Typical Source of Contamination
Copper	ppm	1.3	AL=1.3	0.095	No	0	Corrosion of household plumbing systems; erosion of natural deposits; leaching from wood preservatives
Lead	ppb	0	AL=15	3	No	0	

Analysis frequency is every three years; thirty samples are collected from the distribution system

Microbiological Contaminants:

(1) **Total Coliform.** Coliforms are bacteria that are naturally present in the environment and are used as an indicator that other, potentially-harmful, bacteria may be present.

(2) **Fecal coliform/E.Coli.** Fecal coliforms and E. coli are bacteria whose presence indicates that the water may be contaminated with human or animal wastes. Microbes in these wastes can cause short-term effects, such as diarrhea, cramps, nausea, headaches, or other symptoms. They may pose a special health risk for infants, young children, and people with severely compromised immune systems.

(3) **Turbidity.** Turbidity has no health effects. However, turbidity can interfere with disinfection and provide a medium for microbial growth. Turbidity may indicate the presence of disease-causing organisms. These organisms include bacteria, viruses, and parasites that can cause symptoms such as nausea, cramps, diarrhea, and associated headaches.

(4) **Cryptosporidium.** Pathogenic protozoa that is widely distributed in nonpotable water supplies. This organism can cause gastrointestinal illness (e.g. diarrhea, vomiting, cramps).

(5) **Giardia lamblia.** Pathogenic protozoa that is

widely distributed in nonpotable water supplies. This organism can cause gastrointestinal illness (e.g. diarrhea, vomiting, cramps).

Radioactive Contaminants:

(6) **Beta/photon emitters.** Certain minerals are radioactive and may emit forms of radiation known as photons and beta radiation. Some people who drink water containing beta and photon emitters in excess of the MCL over many years may have an increased risk of getting cancer.

(7) **Alpha emitters.** Certain minerals are radioactive and may emit a form of radiation known as alpha radiation. Some people who drink water containing alpha emitters in excess of the MCL over many years may have an increased risk of getting cancer.

(8) **Combined Radium 226/228.** Some people who drink water containing radium 226 or 228 in excess of the MCL over many years may have an increased risk of getting cancer.

Inorganic Contaminants:

(9) **Antimony.** Some people who drink water containing antimony well in excess of the MCL over many years could experience increases in blood cholesterol and decreases in blood sugar.

(10) **Arsenic.** Some people who drink water containing arsenic in excess of the MCL over many years could experience skin damage or problems with their circulatory system, and may have an increased risk of getting cancer.

(11) **Aluminum.** People at risk for health problems include dialysis patients. Symptoms of chronic aluminum exposure include softening of the bones and brain dysfunction.

(12) **Barium.** Some people who drink water containing barium in excess of the MCL over many years could experience an increase in their blood pressure.

(13) **Beryllium.** Some people who drink water containing beryllium well in excess of the MCL over many years could develop intestinal lesions.

(14) **Cadmium.** Some people who drink water containing cadmium in excess of the MCL over many years could experience kidney damage.

(15) **Chromium.** Some people who use water containing chromium well in excess of the MCL over many years could experience allergic dermatitis.

(16) **Copper.** Copper is an essential nutrient, but some people who drink water containing copper in excess of the action level over a relatively short amount of time could experience



Roanoke River

gastrointestinal distress. Some people who drink water containing copper in excess of the action level over many years could suffer liver or kidney damage. People with Wilson's Disease should consult their personal doctor.

(17) **Silver.** Since silver is not a health benefit for living organisms in any way, the body has a low capacity for absorbing it. Low amounts of ionic silver water intake are not harmful or life threatening in any way, but large intakes can prove to be extremely toxic. Water guidelines suggest an incredibly low amount of silver within drinking water because a high concentration of silver water can bond while boiling and create silver oxide. Silver water that contains silver nitrate can be even more harmful and cause dizziness, diarrhea, and vomiting.

(18) **Chloride.** Chlorides are not usually not harmful to people, however they can corrode metals and effect the taste of food products.

(19) **Sulfate.** Health concerns regarding sulfate in drinking water have been raised because of reports that diarrhea may be associated with the ingestion of water containing high levels of sulfate.

(20) **pH.** The U.S. E.P.A. does not regulate pH levels in drinking water, it is classified as a secondary water contaminant whose impact is considered aesthetic.

(21) **Total dissolved solids.** Total dissolved solids can give water a murky appearance and detract from the taste quality of the water.

(22) **Iron.** Elevated iron levels in water can cause stains in plumbing, laundry, and cooking utensils, and can impart objectionable tastes and colors to food.

(23) **Manganese.** Elevated manganese levels in water can cause stains in plumbing, laundry, and cooking utensils. Upon exposure to air or other oxidants, manganese will usually precipitate black.

(24) **Nickel.** Nickel is not known to cause any health problems when people are exposed to levels above the MCL for relatively short periods of time

(25) **Zinc.** Harmful effects generally begin at levels 10-15 times higher than the amount needed for good health. Large doses taken by mouth even for a short time can cause stomach

cramps, nausea, and vomiting.

(26) **Color.** Color in drinking water is classified as a secondary water contaminant whose impact is considered aesthetic.

(27) **Sodium.** An essential element required for normal body function including nerve impulse transmission, fluid regulation, and muscle contraction and relaxation. However, in excess amounts, sodium increases individual risk of hypertension, heart disease, and stroke. One of the chief sources of sodium is the consumption of salt; therefore salt restrictions are often recommended as a first-line of treatment for individuals suffering from these conditions.

(28) **Chlorine.** Some people who use drinking water containing chlorine well in excess of EPA's standard could experience irritating effects to their eyes and nose and stomach discomfort.

(29) **Fluoride.** Some people who drink water containing fluoride in excess of the MCL over many years could get bone disease, including pain and tenderness of the bones. Children may get mottled teeth.

(30) **Lead.** Infants and children who drink water containing lead in excess of the action level could experience delays in their physical or mental development. Children could show slight deficits in attention span and learning abilities. Adults who drink this water over many years could develop kidney problems or high blood pressure. If present, elevated levels of lead can cause serious health problems, especially for pregnant women and young children. Lead in drinking water is primarily from materials and components associated with service lines and home plumbing. The City of Salem Water Department is responsible for providing high quality drinking water, but cannot control the variety of materials used in plumbing components. When your water has been sitting for several hours, you can minimize the potential for lead exposure by flushing your tap 15 to 30 seconds or until it becomes cold or reaches a steady temperature before using water for drinking or cooking. If you are concerned about lead in your water, you may wish to have your tested. Information on lead in drinking, testing methods, and steps you can take to

minimize exposure is available from the Safe Drinking Water Hotline or at <http://www.epa.gov/safewater/lead>.

(31) **Mercury (inorganic).** Some people who drink water containing inorganic mercury well in excess of the MCL over many years could experience kidney damage.

(32) **Nitrate.** Infants below the age of six months who drink water containing nitrate in excess of the MCL could become seriously ill and, if untreated, may die. Symptoms include shortness of breath and blue-baby syndrome.

(33) **Orthophosphate.** A commonly used corrosion inhibitor that is added to finished drinking water. Orthophosphate works by forming a protective coating inside of pipes in the distribution system and in customer homes to prevent lead from leaching into drinking water. It is approved for use in drinking water treatment by the USEPA, and certified by the National Sanitation Federation. It is not used at the City of Salem Water Plant.

(34) **Selenium.** Selenium is an essential nutrient. However, some people who drink water containing selenium in excess of the MCL over many years could experience hair or fingernail losses, numbness in fingers or toes, or problems with their circulation.

(35) **Thallium.** Some people who drink water containing thallium in excess of the MCL over many years could experience hair loss, changes in their blood, or problems with their kidneys, intestines, or liver.

(36) **Hardness.** Hardness does not pose a health risk and is not regulated by state or federal agencies. It often causes aesthetic problems, such as scaling on pipes and fixture; lowers detergent performance.

(37) **Alkalinity.** High alkalinity does not pose a health risk, but can cause aesthetic problems.

Synthetic organic contaminants including pesticides and herbicides:

(38) **2,4-D.** Some people who drink water containing the weed killer 2,4-D well in excess of the MCL over many years could experience problems with their kidneys, liver, or adrenal glands.

(39) **2,4,5-TP (Silvex).** Some people who drink water containing silvex in excess of the MCL over many years could experience liver problems.

(40) **Carbaryl.** Carbaryl may reduce learning ability and aggravate viral diseases.

(41) **Alachlor.** Some people who drink water containing alachlor in excess of the MCL over many years could have problems with their eyes, liver, kidneys, or spleen, or experience anemia, and may have an increased risk of getting cancer.

(42) **Atrazine.** Some people who drink water containing atrazine well in excess of the MCL over many years could experience problems with their cardiovascular system or reproductive difficulties.

(43) **Benzo(a)pyrene [PAH].** Some people who drink water containing benzo(a)pyrene in excess of the MCL over many years may experience reproductive difficulties and may have an increased risk of getting cancer.

(44) **Carbofuran.** Some people who drink water containing carbofuran in excess of the MCL over many years could experience problems with their blood, or nervous or reproductive systems.

(45) **Chlordane.** Some people who drink water containing chlordane in excess of the MCL over many years could experience problems with

their liver or nervous system, and may have an increased risk of getting cancer.

(46) **Dalapon**. Some people who drink water containing dalapon well in excess of the MCL over many years could experience minor kidney changes.

(47) **Di (2-ethylhexyl) adipate**. Some people who drink water containing di (2-ethylhexyl) adipate well in excess of the MCL over many years could experience general toxic effects or reproductive difficulties.

(48) **Di (2-ethylhexyl) phthalate**. Some people who drink water containing di (2-ethylhexyl) phthalate in excess of the MCL over many years may have problems with their liver, or experience reproductive difficulties, and may have an increased risk of getting cancer.

(49) **Dibromochloropropane (DBCP)**. Some people who drink water containing DBCP in excess of the MCL over many years could experience reproductive difficulties and may have an increased risk of getting cancer.

(50) **Dinoseb**. Some people who drink water containing dinoseb well in excess of the MCL over many years could experience reproductive difficulties.

(51) **Diquat**. Some people who drink water containing diquat in excess of the MCL over many years could get cataracts.

(52) **Methomyl**. Repeated exposure to methomyl may cause an unsuspected inhibition of cholinesterase, resulting in flu-like symptoms, such as weakness, lack of appetite, and muscle aches.

(53) **Aldicarb Sulfoxide**. The primary route of human exposure to aldicarb sulfoxide is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb sulfoxide.

(54) **Aldicarb Sulfone**. The primary route of human exposure to aldicarb sulfone is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb sulfone.

(55) **Aldicarb**. The primary route of human exposure to aldicarb is consumption of food and of contaminated water especially wells. There may be adverse immune system effects associated with long term ingestion of aldicarb.

(56) **Ethylene dibromide**. Some people who drink water containing ethylene dibromide in excess of the MCL over many years could experience problems with their liver, stomach, reproductive system, or kidneys, and may have an increased risk of getting cancer.

(57) **Dicamba**. Chronic exposure to dicamba can lead to the loss of appetite, vomiting, shortness of breath, and bluing of the skin and gums.

(58) **Heptachlor**. Some people who drink water containing heptachlor in excess of the MCL over many years could experience liver damage and may have an increased risk of getting cancer.

(59) **Heptachlor epoxide**. Some people who drink water containing heptachlor epoxide in excess of the MCL over many years could experience liver damage, and may have an increased risk of getting cancer.

(60) **Hexachlorobenzene**. Some people who drink water containing hexachlorobenzene in excess of the MCL over many years could experience problems with their liver or kidneys, or adverse reproductive effects, and may have an increased risk of getting cancer.

(61) **Hexachlorocyclopentadiene**. Some people who drink water containing

hexachlorocyclopentadiene well in excess of the MCL over many years could experience problems with their kidneys or stomach.

(62) **Lindane**. Some people who drink water containing lindane in excess of the MCL over many years could experience problems with their kidneys or liver.

(63) **Methoxychlor**. Some people who drink water containing methoxychlor in excess of the MCL over many years could experience reproductive difficulties.

(64) **Oxamyl [Vydate]**. Some people who drink water containing oxamyl in excess of the MCL over many years could experience slight nervous system effects.

(65) **PCBs [Polychlorinated biphenyls]**. Some people who drink water containing PCBs in excess of the MCL over many years could experience changes in their skin, problems with their thymus gland, immune deficiencies, or reproductive or nervous system difficulties, and may have an increased risk of getting cancer.

(66) **Pentachlorophenol**. Some people who drink water containing pentachlorophenol in excess of the MCL over many years could experience problems with their liver or kidneys, and may have an increased risk of getting cancer.

(67) **Picloram**. Some people who drink water containing picloram in excess of the MCL over many years could experience problems with their liver.

(68) **Simazine**. Some people who drink water containing simazine in excess of the MCL over many years could experience problems with their blood.

(69) **Toxaphene**. Some people who drink water containing toxaphene in excess of the MCL over many years could have problems with their kidneys, liver, or thyroid, and may have an increased risk of getting cancer.

Volatile Organic Contaminants:

(70) **Benzene**. Some people who drink water containing benzene in excess of the MCL over many years could experience anemia or a decrease in blood platelets, and may have an increased risk of getting cancer.

(71) **Carbon Tetrachloride**. Some people who drink water containing carbon tetrachloride in excess of the MCL over many years could experience problems with their liver and may have an increased risk of getting cancer.

(72) **Chlorobenzene**. Some people who drink water containing chlorobenzene in excess of the MCL over many years could experience problems with their liver or kidneys.

(73) **o-Dichlorobenzene**. Some people who drink water containing o-dichlorobenzene well in excess of the MCL over many years could experience problems with their liver, kidneys, or circulatory systems.

(74) **p-Dichlorobenzene**. Some people who drink water containing p-dichlorobenzene in excess of the MCL over many years could experience anemia, damage to their liver, kidneys, or spleen, or changes in their blood.

(75) **1,2-Dichloroethane**. Some people who drink water containing 1,2-dichloroethane in excess of the MCL over many years may have an increased risk of getting cancer.

(76) **1,1-Dichloroethylene**. Some people who drink water containing 1,1-dichloroethylene in excess of the MCL over many years could experience problems with their liver.

(77) **cis-1,2-Dichloroethylene**. Some people who drink water containing cis-1,2-dichloroethylene in excess of the MCL over many years could experience problems with

their liver.

(78) **trans-1,2-Dichloroethylene**. Some people who drink water containing trans-1,2-dichloroethylene well in excess of the MCL over many years could experience problems with their liver.

(79) **Dichloromethane**. Some people who drink water containing dichloromethane in excess of the MCL over many years could have liver problems and may have an increased risk of getting cancer.

(80) **1,2-Dichloropropane**. Some people who drink water containing 1,2-dichloropropane in excess of the MCL over many years may have an increased risk of getting cancer.

(81) **Ethylbenzene**. Some people who drink water containing ethylbenzene well in excess of the MCL over many years could experience problems with their liver or kidneys.

(82) **Styrene**. Some people who drink water containing styrene well in excess of the MCL over many years could have problems with their liver, kidneys, or circulatory system.

(83) **Tetrachloroethylene**. Some people who drink water containing tetrachloroethylene in excess of the MCL over many years could have problems with their liver, and may have an increased risk of getting cancer.

(84) **1,2,4-Trichlorobenzene**. Some people who drink water containing 1,2,4-trichlorobenzene well in excess of the MCL over many years could experience changes in their adrenal glands.

(85) **1,1,1-Trichloroethane**. Some people who drink water containing 1,1,1-trichloroethane in excess of the MCL over many years could experience problems with their liver, nervous system, or circulatory system.

(86) **1,1,2-Trichloroethane**. Some people who drink water containing 1,1,2-trichloroethane well in excess of the MCL over many years could have problems with their liver, kidneys, or immune systems.

(87) **Trichloroethylene**. Some people who drink water containing trichloroethylene in excess of the MCL over many years could experience problems with their liver and may have an increased risk of getting cancer.

(88) **TTHMs [Total Trihalomethanes]**. Some people who drink water containing trihalomethanes in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

(89) **HAAs [Haloacetic acids]**. Some people who drink water containing haloacetic acids in excess of the MCL over many years may experience problems with their liver, kidneys, or central nervous systems, and may have an increased risk of getting cancer.

(90) **Toluene**. Some people who drink water containing toluene well in excess of the MCL over many years could have problems with their nervous system, kidneys, or liver.

(91) **Vinyl Chloride**. Some people who drink water containing vinyl chloride in excess of the MCL over many years may have an increased risk of getting cancer.

(92) **Xylenes**. Some people who drink water containing xylenes in excess of the MCL over many years could experience damage to their nervous system.

(93) **Total Organic Carbon**. A parameter that is monitored to determine the probability of disinfection by-product formation (TTHMs no.88 and HAAs no.89) exceeding the MCL. Treatment Technique: The annual average removal ratio is ≥ 1.0 .

EVENTS

AROUND SALEM



adult programs

BALLROOM DANCING: **BEGINNER/INTERMEDIATE** **(ADULT & TEEN)**

Fridays evenings, Class is on-going. Salem Senior Center, 7:00 - 9:00 pm. This class offers a complete introduction to ballroom dancing. It is perfect for beginners and those looking to polish their technique. No experience or partner is necessary. Instructors: TBA, \$7 per person, (Class limit - 30) Attend and pay instructor.

CERAMICS: **(INTERMEDIATE)**

Mondays (10 weeks), Salem Senior Center, 6:15 - 9:15 pm. Designed for those with prior experience with ceramics. Painting on resin, dry brushing, and other techniques. Instructor: Sharon Braden, Certified Duncan Instructor, Fee: \$50/10weeks (Class limit - 12)

COUPONING 101

Thursdays (April 19 - May 24), Salem Senior Center, 6:00 - 7:00 pm. Looking to save money? Come join us. Learn to organize and utilize coupons. Instructed by Laura Smith, Fee: \$15/6 weeks (Class limit - 20)

Manager: Kathy Murphy
kmurphy@salemva.gov
Supervisor: Vickie Sword
vsword@salemva.gov
110 Union Street
Phone: (540) 375-3054
*REGISTER AND PAY FEES
ON SALEM PARKS AND
RECREATION WEB SITE OR
MAKE CHECKS PAYABLE TO
CITY OF SALEM AND MAIL
TO 110 UNION STREET,
SALEM, VA 24153 UNLESS
OTHERWISE NOTED.



Sit. Good Dog.

DOG OBEDIENCE TBA. A six-week course for dogs of any breed and any age. Dogs will learn to heel calmly on leash, react to different commands, and come when called. Instructor: Darr Graham. Check Salem Parks & Recreation web site or call 375-3054 for information concerning the spring Dog Obedience class.

CROCHETING & KNITTING

Thursdays (April 26 - May 24), Salem Senior Center, 6:30 - 8:30 pm. Learn the basics of crocheting. Instructed by Norma Harris, Fee: \$25/5 weeks, please call instructor to register and for supply list at 389-3469 (Class limit - 10)

GUITAR FOR ABSOLUTE BEGINNERS (AGES 12+)

Wednesdays (May 16 - June 27), Salem Senior Center, 6:00 - 7:00 pm. Students will learn basic guitar skills including tuning, playing chords, reading tablature, flatpicking, and playing simple songs. No experience required. Required materials: acoustic guitar (steel string or classical), pick, and tuner. Instructed by Randy Walker, Fee: \$45/6 weeks (Class limit - 10)

HANDBUILT CERAMICS

Wednesdays (April 25 - June 27), Salem High School, 6:00 - 8:00 pm. The basic skills

of hand-built ceramics will be taught through the pinch, coil, and slab methods using low fire clays and glazes. List of supplies students will need to bring: paper towels, old towel or apron, small plastic container with lid, and several grocery bags. Instructed by Julie Hamilton, Fee: \$120/10 weeks, includes clay, tools, and glazes.

CREATIVE AND FUN PAPER CRAFT PROJECTS

Tuesdays (May 1 - June 5), Salem Senior Center, 6:15 - 7:15 pm. Join for an hour filled with creative projects each week where colors, shapes and themes are used. Make paper gift items that are as personalized as you are and can be a keepsake. Paper items we will be making are purses, decorative boxes, note pad holders, candy holders, recipe holders and much more. Stop in the Senior Center to see samples. Instructed by Beverly Reed, Fee: \$30. (Class limit - 10)

health & fitness

TOTAL SCULPTING

Mondays (April 16 - June 25), OR Wednesdays (April 18 - June 27), Salem Senior Center, 5:30 - 6:30 pm. This class is designed to reduce body fat and sculpt muscles through a series of strength training exercises using bands, free weights, and more. Great for a beginner level. Instructed by Amy Light (Mondays) OR Pam Butler (Wednesdays). Fee: \$25/10 weeks (Limit - 30)

YOGA (BEGINNER/INTERMEDIATE)

Mondays (April 16 - June 25), OR Thursdays (April 19 - June 28) (4 class times), Parks & Recreation Main Office, 4:30 pm - 5:30 pm or 6:00 pm - 7:00 pm. Yoga is a great way to increase joint mobility, improve muscle tone and flexibility, and build balance. It also improves memory, focus, and attention, as well as promote an overall sense of well being. Instructed by Stephanie Hunt, Fee: \$40/10 weeks (Class limit - 12)

youth/teens

GUITAR FOR KIDS (AGES 8 - 12) Wednesdays (May 16 - June 27), Salem Senior Center,

5:00 - 6:00 pm. Be a real guitar hero! Learn basics like tuning, tempo, rhythm and dynamics, play simplified chords and riff's. Required materials: acoustic guitar (steel string or classical) or electric guitar, pick, and tuner. Instructed by Randy Walker, Fee: \$45/8 weeks (Class limit 10)

KNIT AND CROCHET (AGES 8 - 14)

Thursdays (April 26 - May

24), Salem Senior Center, 4:00 - 5:00 pm. Learn basic knitting and crocheting stitches and how to read patterns. Call instructor to register and for supply list at 389-3469. Instructed by Norma Harris, Fee: \$15/5 weeks - Pay instructor (Limit - 10)

MOONBEAM GYMNASTICS! - FOR BOYS AND GIRLS (AGES 2-12)

Tuesdays (on-going class through May), Salem Senior Center, 5:00 pm (ages 2-6), 6:00 pm (ages 4-7), and 7:00 pm (ages 8-12). A unique combination of not only gymnastics, but experienced coaches guide children to sports, health, nutrition and physical education. Coached by Reneigh Duhaney and Jennifer Spencer. Tuition: \$40 a month (No registration fee). To Register call 540-339-STAR (7827).

summer camps

SALEM JUNIORS GOLF CAMP June 18 - 21 (Deadline for registration - May 10), Hanging Rock Golf Course, 8:00 - 11:00 am. This camp is for the first time player who has never been enrolled in lessons. Players will receive a starter set of clubs and four days of lessons from the pros at Hanging Rock Golf Course. Instructed by Wayne Gee, Club Manager, Fee: \$50 (starter golf club set, lunches, & a round of golf on Thursday included) (Class Limit - 30)

HANDBUILT CERAMICS June 18 - 22 or June 25 - 29, Andrew Lewis Middle School, 8:30 - 11:30 pm. For rising 6th to rising 9th graders. Instructed by Robin Richardson, Fee: \$45 - includes all materials. (Limit - 10)

ART CAMP (AGES 8-11) July 16 - 20, Carver Elem., Session 1 - 10:00 am - 12:00 pm OR Session 2 - 1:30 pm - 3:30 pm. A week-long art experience. Learn about artists,

art techniques, and art history. Instructors: Darlene Marshall and Mike Gibson, Fee: \$40 - Includes all supplies (Limit - 22)

GREAT BEGINNINGS WITH ED GREEN & STAFF

Make checks to Ed Green, Great Beginnings, and get application online at www.salemva.gov/depts/parks_rec/ For more information, call Ed Green at (540) 387-9516 or Vickie Sword at 375-3054.

Great Beginnings Tee Ball/Softball, Sundays, May 6, 13, 20, 27, & June 3 (5 weeks), Hope Tree Learning Center Field, Red Lane, Salem, 2:00 pm - 3:00 pm, Cost: \$65.

Great Beginnings Football, Sundays, September 16, 23, 30, October 7, 14 (5 weeks), West Salem Elementary School Field, 2:00 pm - 3:00 pm, Cost: \$65. What to bring: Football and water.

senior center 110 UNION STREET

MONDAYS

9 am - 12 noon - Bridge
12:30 pm - Senior Mtn. Pickers
12:30 pm - Painting with Phyl (second Monday of the month)
7 - 9 pm - Cole Bluegrass Show (First Monday every month)

TUESDAYS

9 am - Exercise
10 am - Chair Caning, Basket Weaving
10:30 am - Tai-Chi at College Lutheran Church
1:30 - 3:30 pm - Computer Tips with Tammy (30 minute lessons)
2 pm - Ballroom dance, the first and third Tuesdays (second and fourth Tuesdays - Tea Dance)
2 - 3 pm - Cooking Class at Salem Harrogate (first Tue. of the month)

WEDNESDAYS

9 am - Tap dance
10 am - 12 noon - Ceramics
10 am - Needlework

1 pm - Line Dance
3:15 pm - Roundance

THURSDAYS

9 am - Exercise
10 am - Quilting
10 am - Art & Bridge on your own
11 am - 49er's Plus Club Meeting (1st & 3rd Thursday of the month)
12:30 pm - Sr. Singers Practice (first Thursday of the month)
12:30 pm - Cards

FRIDAYS

9 am - Exercise
10:30 am - Tai-Chi
10:30 am - Senior Mtn. Pickers
7 - 9 pm - Ballroom Dance

THE BOB ROSS METHOD OF OIL PAINTING CLASSES

with Phyl Fralin are held the second Monday each month. The picture for the month is on display at the Senior Center. Cost is \$40 Sign up in the office to attend.

"49ERS PLUS" CLUB

Meets on the 1st and 3rd Thursdays at 11 am, and eat lunch out on the 2nd week. This group makes donations to organizations such as the Red Cross.

MONTHLY POT LUCK LUNCHEONS

These are fun, well-attended events with entertainment after the meal. They are held on the last Thursday of each month.

SENIOR MTN. PICKERS

A group of stringed instrument musicians who play informally on Mondays at 12:30 pm and Fridays at 10:30 am. You may join with an instrument if you play or you may attend as part of the audience.

BALLROOM DANCE CLASS

meets in the form of a TEA DANCE the 2nd and 4th Tuesday of the month from 2 - 4 pm. Music is provided and there is no fee but each person is asked to bring a snack food to share.

SALEM SENIOR SINGERS

Practice on the 1st Thursday at 12:30 pm and sing on a regular basis for Snyder Nursing Home and other places in the Valley.

SPECIAL FRIDAY EVENTS

Each month, we make outings to local malls, shops, day trips, as well as Bingo, Wii, crafts, parties, etc. A small fee may apply.

MONTHLY NEWSLETTER

A calendar with news of our activities and outings is distributed at the Monthly Luncheons.

SPECIAL TRIPS

Planned for the year such as the Barter Theatre in Abingdon, Wytheville's Wohlfahrt Haus Dinner Theatre, Myrtle Beach, SC, Pigeon Forge, TN, and the Barn Dinner Theatre, Greensboro, NC.



Serve is up

TENNIS (ALL LEVELS) To register or get more information call Scott Gibson at 397-1257.

special events

Manager: Kathy Murphy
kmurphy@salemva.gov
Supervisor: Kristen Finley
kfinley@salemva.gov
620 Florida Street
Phone: (540) 375-3057

MARCH OF DIMES, MARCH FOR BABIES

May 6th, 1 p.m., 5 Mile Walk, Registration begins at 1 p.m., Salem Civic Center, (540) 989-8030.

61ST ANNUAL ERNEST "PIG" ROBERTSON FISHING RODEOS

April 28th Children Ages 3 – 8, 9 a.m. - Noon. **April 30th** Children with Disabilities Day, 10 a.m. - Noon. **May 2nd** Nursing Home Patient's Day, 10 a.m. – Noon. **May 5th** Children ages 9 – 12, 9 a.m. – Noon. Lake Spring Pond, (540) 375-3057.

MOVIES AT LONGWOOD

May 27th: The Smurfs. **June 23rd**: Zookeeper. **August 18th**: Puss N Boots. **September 8th**: Gremlins. Sponsored by Salem Parks & Recreation and Kiwanis Club of Salem. Bring a blanket and chairs and enjoy a movie under the stars!! Admission is free. Concessions will be available to purchase from Fun Times.

JAZZ IN JULY Saturday, July 21st, 3 – 9:30 p.m., Longwood Park, Bands TBA, (540) 375-3057.

SALEM DISTANCE RUN

Saturday, August 11th, 8 a.m., Longwood Park, Sponsored by Salem Parks & Rec & Southwest Health Focus. For more information call, (540)444-2925.

James I. Moyer Sports Complex

Manager : Eric O'Brien,
eobrien@salemva.gov
Supervisor: Scott Scharnus,
sscharnus@salemva.gov,
1000 Union Street, Salem
(540) 375-4021

APRIL 14TH & 15TH

NSA Youth Challenge Fast Pitch Tournament

APRIL 20TH - 22ND

Chance Crawford Benefit Adult Slow Pitch Tournament

APRIL 27TH - 29TH

ODAC Women's Softball Championship

APRIL 28TH & 29TH

USSSA Batter's Box Stampede Baseball Tournament

MAY 5TH & 6TH

ASA Youth Spring Kick Off Youth Fast Pitch Tournament

MAY 12TH & 13TH

ASA Men's Class "C", "D", & "E" Slow Pitch National Qualifier

MAY 18TH - 22ND

NCAA Division III Women's Fast Pitch Softball National Championship

MAY 26TH & 27TH

NSA Youth Memorial Day Blast Youth Fast Pitch Tournament

JUNE 2ND & 3RD

NSA Youth June Jamboree Fast Pitch Softball Tournament

JUNE 8TH & 9TH

VHSL Div. 1 State Softball

JUNE 9TH & 10TH

USSSA Big Dawg Classic Baseball Tournament

JUNE 16TH & 17TH

NSA Youth Fast Pitch 10U & 12U State Tournament

JUNE 22ND - 24TH

ISF Senior World Cup Adult Slow Pitch Softball Championship

JUNE 30TH & JULY 1ST

USSSA Commonwealth Youth Baseball Tournament

JULY 7TH & 8TH

NSA Fast & Furious Youth Fast Pitch Softball Tournament

JULY 7TH & 8TH

ASA Men's Class "C" Fast Pitch National Qualifier

JULY 10TH - 15TH

USSSA Baseball World Series

JULY 21ST & 22ND

NSA Commonwealth Games Youth Fast Pitch Softball Tourn.

JULY 28TH & 29TH

NSA Men's Fast Pitch World Series

AUGUST 1ST - 5TH

ASA JO 14U & 18U Eastern Youth Fast Pitch National Championship

AUGUST 11TH & 12TH

USSSA Class "E" & "D" State Adult Slow Pitch Tournament

AUGUST 25TH & 26TH

USSSA Class "E" Nationals Adult Slow Pitch Softball Tourn.

AUGUST 25TH & 26TH

Nations Baseball Fall Opener Baseball Tournament

AUG. 31ST - SEPT. 3RD

ASA Men's Class "C" Eastern Fast Pitch National Championship

SEPT. 1ST & 2ND

USSSA Church of God Adult Slow Pitch Softball Tournament

SEPT. 8TH & 9TH

NSA Valley Thunder Youth Fast Pitch Softball Tournament

SEPT. 15TH & 16TH

NSA Play the Valley Showcase Youth Fast Pitch Softball Tourn.

SEPT. 22ND & 23RD

ASA /USA Heartland College Fast Pitch Showcase Series

SEPT. 29TH & 30TH

USSSA Baseball Thunder & Rumble Baseball Tournament

OCT. 6TH & 7TH

NSA Fall Festival Youth Fast Pitch Softball Tournament

OCT. 13TH & 14TH

ASA JO/ Scrappers 18U & 16U College Show Case Girls Fast Pitch Softball Tournament

OCT. 20TH & 21ST

NSA Fall Youth State Girls Fast Pitch Softball Tournament

OCT. 27TH & 28TH

Nations Baseball Cole & Nathan Anderson Benefit Baseball Tournament



Pull an All-Nighter for a good cause

RELAY FOR LIFE June 15th & 16th, Salem High School Track, (540) 375-3057.

Salem Kiwanis Baseball Field

APRIL 14TH

Roanoke College Baseball Game

MAY 5TH & 6TH

9th Annual Central Virginia USSSA Middle School Baseball

MAY 21ST - 25TH

VHSL River Ridge District Baseball Championship Tournament

MAY 26TH & 27TH

USSSA Memorial Day Shootout Baseball Tournament

JUNE 8TH & 9TH

VHSL Division 1 State Championship

JUNE 16TH & 17TH

American Legion College Showcase Tournament

JUNE 23RD & 24TH

USSSA Baseball Virginia 15U Open Western State Championship Tournament

JULY 12TH - 15TH

Commonwealth Games High School All-Star Baseball Showcase

JULY 20TH - 24TH

American Legion District Baseball Championship Tournament

AUGUST 11TH & 12TH

USSSA Baseball Back to School Bash Tournament

AUGUST 18TH & 19TH

USSSA Fisher Financial Baseball Tournament

AUGUST 25TH & 26TH

Nations Baseball Fall Opener

SEPT. 8TH & 9TH

USSSA Baseball Star City Challenge NIT Tournament

SEPT. 15TH & 16TH

USSSA Baseball Get Up and Hit Classic Tournament

SEPT. 22ND & 23RD

Nations Baseball Fall State Tournament

SEPT. 29TH & 30TH

USSSA Western VA Fall State 14U&16U Tournament

OCT. 6TH & 7TH

USSSA Western VA Fall State 15U, 17U, & 18U Tournament

youth and adult athletics

Manager: Scott Hall,
shall@salemva.gov
Supervisor: Jed Roberts,
jroberts@salemva.gov
925 Union Street, Salem
(540) 375-4094

YOUTH SPORTS MISSION STATEMENT

The purpose of youth recreational athletic leagues is to provide an enjoyable experience for each youth participant, while developing character, skills, sportsmanship and promoting good will among all teams and individuals. Although sports are competitive by nature, the City of Salem Parks and Recreation Department's intentions are to place less emphasis on winning, while promoting the building of lifetime physical activity and health for each participant.

ADULT LEAGUES OFFERED

The Salem Parks and Recreation Department offers a variety of adult leagues aimed at increasing physical fitness and promoting social interaction between participants. Adults 18 and up.

REGISTRATION DATES AT ACTIVENET

Boys Soccer: May 14 - June 24th
Girls Soccer: May 14 - June 24th



Virginia's Future Baseball Stars

JULY 12TH - 15TH Commonwealth Games High School All-Star Baseball Showcase at Salem Kiwanis Baseball Field

Football: May 14 - June 24th
Cheerleading: May 14 - June 24th
Basketball: October 1st - 24th
Adult Softball: Ends April 20th
Adult Football: Ends Aug. 17th
Adult Basketball: Ends Aug. 17th

SUMMER SPORTS CLINICS

Boys Basketball Clinic (2nd - 9th)
Girls Basketball Clinic (2nd - 9th)
Golf Clinic (5th - 9th)
Football Clinic (2nd - 6th)
Girls Volleyball Clinic (3rd - 9th)

Baseball Clinic (2nd - 9th)
Track & Field (2nd - 9th)
Softball Clinic (2nd - 9th)
Lacrosse Clinic (2nd - 9th)
Cheerleading Clinic (2nd - 9th)
Soccer Clinic (2nd - 9th)
Wrestling Clinic (2nd - 9th)
Check the Salem Parks and Recreation web-site for dates and locations of the sports clinics.
www.salemva.gov/depts/parks_rec. or look for the brochure to come out through the schools.

A LONG TIME AGO

John Long - Salem Museum Executive Director info@salemmuseum.org 389-6760



25 YEARS AGO



The venerable old Williams-Brown House prepares for its trip through Longwood Park to begin its new life as the Salem Museum. The 1845 structure had already lived more lives than normal – it had served as a residence, store, apartment building, fraternity house, office space and, by the mid-80s, vacant eyesore. The owner of the structure had proposed tearing the house down; but the Salem Historical Society intervened, offering to move the historic edifice if it were donated to the group. It took months of planning, fundraising, and keeping fingers crossed, but the Williams-Brown House arrived in its new location later in the summer. It would take another five years before the new Salem Museum would open, but since then has become an integral part of the community. 🐦



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